Cp641.5
U58c

UNUSUAL DIXIE COOKING

THE LIBRARY OF THE
UNIVERSITY OF
NORTH CAROLINA

THE COLLECTION OF
NORTH CAROLINIANA
PRESENTED BY
Mrs. J. M. Guthrie

Cp641.5
U58c

Cp 641.5
U58c

UNUSUAL DIXIE COOKING

MRS. J. M. GUTHRIE
619 Clement Avenue
Charlotte 4, N.C.

for N. C. Room, Library, U. N.C.
From Jas H. Lane Chapter, U. D.C.
Ed. Mrs. J. M. Guthrie, Charlotte

UNUSUAL DIXIE COOKING

Compiled by the members of The General James H. Lane Chapter of The United Daughters of the Confederacy, Charlotte, N. C.

Edited by Lula Guthrie

Associate Editors: Anna Snodgrass, Betty Phillips, Carlie Holloman, Johnnie Horn, Marie Cline, Leona Mason, and Sarah Rudisill.

Contributors: Members of the Lane Chapter and their friends.

Dedicated to

Annie Rogers Newell (Mrs. L. B.), who founded this chapter in 1924, and who is one of our most active members.

FOREWORD

The James H. Lane Chapter of the United Daughters of the Confederacy is one of the most active in the Organization. We have been zealous in carrying out all four objectives: Historical, Memorial, Educational and Benevolent. We have assisted many young people in their college education; have paid for the professional education of nurses and offered scholarships in other fields. Among our recent projects we furnished the beautiful drawing-room in the Memorial Building in Richmond in honor of our founder. We also visit the Confederate Home for Women in Fayetteville, and take gifts to the daughters of our beloved Veterans.

It is for the purpose of continuing our educational work that we are publishing this book. All proceeds from its sale go into our chapter treasury. Our recipes were given by experienced cooks who have offered their favorite and best—all of which have been proven through usage.

The old Southern recipes which we give do not necessarily represent the fare on our tables at the present time; but they are peculiar to this section of the United States. As many of the recipes were handed down by word of mouth, we have no desire to copyright this volume.

It is a joyous thing to share our old "Ree-ceets" with others. We hope that you will find them delightful. All unsigned recipes were contributed by the Editorial Board.

October 1959

P39634

CONTENTS

BEVERAGES ---------- 1- 3

BREADS ---------- 4-11

CAKES, COOKIES, ICINGS ---------- 14-23

CANDIES ---------- 11-13

CASSEROLES ---------- 44-46

DESSERTS ---------- 24-29

MEATS, GAME, AND SAUCES ---------- 33-41

PIES ---------- 29-33

PRESERVED FOODS ---------- 55-57

SALADS ---------- 47-50

SEA-FOODS ---------- 41-43

VEGETABLES ---------- 51-55

MISCELLANEOUS ---------- 57-59

Beverages

Long ago the wife of the Ruling Elder of our Church made the Communion wine. This is the old recipe for

BLACKBERRY WINE

Squeeze enough berries to make a gallon of juice when strained thru a jelly bag. To this add a quart of water and 6 cups of sugar. Put aside about a pint or more of this to keep filling the jar, or crock, in which the rest is fermenting. Use a thin piece of cheesecloth over the top. Put in a cool place. When it stops fermenting, cork.

HOME-MADE SHERRY WINE

This delicious wine is fine on Fruit Cakes and in Mince Pies. 1 quart of Scuppernong Grapes, mashed. Put in gallon jar. Add 6 cups of sugar and a package of dry yeast that has been dissolved in a cup of warm water. Let stand 35 days. Strain and cap lightly until you are sure fermentation has ceased.

LOCUST AND PERSIMMON BEER

As a child I recall the Persimmon beer barrel on the back porch at Grandmother's. This drink is non-intoxicating and was served as an appetizer, although the children disliked its sharp sourness. Use a barrel with a faucet. Put straw in bottom of barrel and put rocks on it to weight the straw down. Break locusts into the barrel. Mash ripe persimmons and put in. Make a thick, coarse cornmeal pone and bake it to a soft firmness. Break this into the barrel. Pour boiling water in and let stand until it ferments. This was Mother's recipe from Josephus Daniels, one-time Secretary of the Navy and Editor of The News and Observer.

CHURCH PUNCH

This recipe has been so widely used at church functions that we call it Church Punch. It is delicious and very economical. Dissolve a package of Jello in hot water (1 cup). Add a cup of cold water and a small can of frozen lime juice. Stir until dissolved. Add a large can of pineapple juice, and a quart of gingerale or grapefruit beverage. For color combinations use different Jellos: for Bridal functions, use Lemon or Lime; for Valentine's, use Strawberry; for Hallowe'en, use Orange, etc.

Recipe given by Mrs. L. E. McGinn.

EGG NOG

Even the most temperate of Southerners usually dispense once-a-year cheer, using this recipe: Beat the yolks of six eggs well. Into this slowly beat 2 cups of Bourbon, drop by drop, so that the eggs are cooked. Add a scant cup of sugar and 2 cups of thin cream. Set aside in a cool place while you beat the whites of the 6 eggs until they stand in peaks. Then fold in the first part. Add two cups of cream, beaten stiffly. Grate nutmeg on top of each cup of egg-nog. Put the bowl on a reflector, and place sprigs of bright red-berried holly about it.

SYLLABUB

Mix one pint of thick whipping cream, ½ cup of whole milk, and ½ cup of sugar until sugar is dissolved. Let stand 10 minutes. Add ½ cup of Sherry. Whip until foam is thick and heavy. Fill glasses and serve immediately. Do not let stand.

Agnes Guerry Martin (Mrs. Monroe)

VENUS NECTAR (An Old Confederate Recipe)

Mix 6 rounding teaspoons of grated chocolate (or Cocoa) with a little milk. Add 5½ cups of very hot milk. When chocolate is dissolved, add 2 tbls. strong coffee, 2 tbls. sherry wine, and 1 tsp. of vanilla. Serve hot with topping of whipped cream.

Agnes Guerry Martin (Mrs. Monroe)

Grandmother had five brothers, all were either preachers or Elders. When they came for overnight visits, Big Jim, who had been a slave-child owned by Grandmother, would be sent to each bedroom early next morning to make a light-wood fire in the fireplace of the high-ceilinged, icy room. Later he would take them a hot toddy or "laced" coffee. I believe the favorite drink of Southern gentlemen then, as now, for a summer's refreshment, was

MINT JULEP

Crush fresh mint into each glass, being sure it touches all sides. Discard mint. Fill glass ⅔ full of crushed ice. Pour in amount of Bourbon desired. Fill glass with sweetened water. Let stand in refrigerator 20 minutes. Garnish with sprigs of mint.

We have noticed in traveling, or visiting, that the farther South we go, the blacker and stronger the coffee becomes. Ice Tea seems the same everyplace. And Southerners are fond of Russian Tea.

RUSSIAN TEA

Make a syrup of ½ cup water, and ¾ cup of sugar. Pour this into a quart of Tea. Add the juice of 3 oranges and 2 lemons, a tsp. of grated peel, and a few cloves. Serve hot.

It was at a Tea in Chapel Hill in 1946 that we first tasted, and received a recipe for a beautiful Christmas punch, as sparkingly red as a holly berry, and very festive looking in a silver bowl surrounded by sprigs of holly. It is delicious:

CRANBERRY PUNCH

Cook 1 lb. of Cranberries in 4 cups of water until skins pop. Strain through cheesecloth. (Do not press). Add 2 cups of boiling water poured on 8 tsps. of tea. Steep 5 min. Strain. Add 2 cups sugar, 1 cup lemon juice, 3 cups orange juice, 2 quarts water. This is equally pleasant hot or cold.

DEWBERRY ACID

12 lbs. of berries (8 full qts.); 5 ounces of tartaric acid; and 2 quarts of cold water. Let stand 48 hours. Strain. Do NOT press. Add equal parts of sugar and juice. Let stand 2-3 days. Be sure sugar is completely dissolved. Strain. Seal. This is a flavorful drink that is always liked. When you serve it, use ⅓ juice to ⅔ ice-cold water with crushed ice in it. A sprig of mint on top of glass is decorative and pleasant.

This was the recipe of grandmother, Mrs. Kate Turner, and has been in use in our home for over sixty years.

Breads

"Put on de kettle, Put on de 'led', Mammy's little Baby loves 'Shortnin' bread'". (Mrs. Thomas Pickering's recipe)

1 stick of butter (soft)

½ cup sifted Confectioner's Sugar

1¾ cups of sifted flour

Cream butter and sugar. Add flour gradually, working well. Pat to ½" thickness in square pan. Mark into squares. Prick with fork. Bake 10-15 minutes at 350 degrees. Cut into squares.

Mrs. Elmer Hilker

PLANTATION POTATO PONE

Grate 6 large raw sweet potatoes and mix with 2 cups of sugar, 1½ cups of milk and 2 tsps. nutmeg. Bake in pudding pan about 2½ hours at 350 degrees. This was seldom served except at the tables of sugar planters in the Deep South.

Mrs. Gilbert Foster Hambley

BASIC MUFFIN MIX

2 cups self-rising flour, 1 tsp. sugar, 1 egg, 2 tbls. cooking oil, 1 cup milk. Mix well. Pour in hot, greased muffin pans. Bake at 325.

Cornmeal Muffins: Substitute 1½ cups cornmeal and ½ cup flour instead of 2 cups flour. Add 2 tsp. baking powder.

Pecan Muffins: Mix ¾ cup chopped pecans with flour or meal in either of above.

Blueberry (Huckleberry) Muffins: Toss ¾ cup berries lightly into the flour or meal in Basic Mix.

Mrs. J. M. Guthrie

SOUTHERN BISCUITS (Always Serve P'ping Hot)

2 cups flour, 4 tsp. baking powder, 1 tsp. salt, 3 tbls. shortening, ⅔ to 1 cup milk (to make a soft dough). Knead lightly. Roll. Cut. Place touching for soft sides; apart for crusty sides. Make 10 min. at 450 degrees.

Catherine Hilker (Mrs. Elmer)

LILA'S CHEESE BISCUITS

½ lb. each of soft butter and grated cheese; 2 cups plain flour, add a dash of salt, pepper, and cayenne (about ½ tsp.) Combine. Roll or pat to desired thinness (about ¼ inch). Cut. Cook 40 minutes in a slow oven—275 to 300 degrees.

Lila Hughes' recipe, given by Catherine Hilker.

CRACKLIN' BREAD

At hog-killing time the lard is "rendered" from the strips, or squares, of fat meat; the meat is then called cracklings and kept in a stone jar in a cool place until used in **Cracklin' Bread** made thus:

2 cups home-ground meal, ¾ tsp. salt, 1½ cups buttermilk in which ½ tsp. soda has been dissolved. 1 cup cracklings. Cook at 325 until lightly browned. This is considered especially good eaten with "Black Strop" (black molasses).

HUSH PUPPIES

Contrary to popular belief, this is not a widely used bread. Fish-frys down by the river, where the freshly-caught fish was dressed, salted, and fried over camp-fire coals, always found a group of hungry, sniffling dogs waiting to be fed. Plainly they could not be fed fish because of the bones, so a quickly slapped up corn-bread would be dropped in the smoking fat and thrown them to hush their yapping. This was the same mixture of bread eaten with the fish, and generally made thus:

1 cup water ground meal

1 tsp. salt

Water to mix to right consistency to drop in small balls into the salty, smoking grease. Take up as soon as brown on both sides. Drain off fat. I have also heard this called "Pie-a-way Cornbread".

HUSH PUPPIES #2

Another member of our Board has a different recipe and legend about this bread. Betty Phillips sends this: "Hush puppies come from an old recipe originated by an old Southern woman. The story goes that the old lady was baking her famous little cakes one day when a visitor arrived. Puppies in the kitchen began to bark loudly. After awhile the visitor asked the old lady what she was cooking. Not able to hear the question because of the noisy dogs, she yelled "Hush Puppies". The guest assumed that she was replying to his question, so he began calling the little yellow cakes "Hush Puppies", a name that has stuck with them through the years. They are simple to make: Just mix together 3 eggs with 1½ pints of milk. Add 3 cups of cornmeal, 2 teaspoons of baking powder, a pinch of salt, and a little minced onion. Drop in shallow fat, and fry. They are delicious with fried fish, but can also be used with meats, and are particularly good with a barbecue plate.

Mrs. W. F. Phillips

CHEESE BALLS

1 pound of grated cheese blended with ⅔ cup of flour and a dash of red pepper. Add four frosted egg whites (beaten to a "frost"). Shape into balls. In a soup bowl have four egg yolks beaten slightly, with enough water to make a paste. Roll the cheese balls in this, and then into a cracker-crumb bowl (cracker-dust may be used, or else roll the crackers very fine on the rolling board). Have a pot of smoking deep-fat ready and drop the balls in this until they are a rich brown. Serve at once. These cannot be warmed over, or kept, for they will melt. But they are yummy when served immediately.

Lib Wilmer (Mrs. W. A.)

HOE CAKE

This seems too simple to write as a recipe. Yet it is a favorite with our vegetable dinners. Recently my married son asked me how it was made, saying "We put salt, and pepper in self-rising corn-bread mixtures but it never tastes right!!!" So it occurred to me that perhaps it really should be included in this book.

1 cup home-ground (water-ground) cornmeal

1 tbls. self-rising flour

Hot water to mix to thin consistency. Drop by spoonsful in smoking bacon drippings. As soon as it is lightly browned, turn. Drain on kitchen toweling. Serve hot.

SPOON BREAD

Bring 2 cups milk, 1 tbls. sugar, and lump of butter size of walnut to a boil (but do not permit it to boil). Into this stir 1 cup sifted cornmeal, 2 eggs, slightly beaten, and 1 tsp. baking powder. Bake until brown on top and firm. This may be cooked in a deep casserole but is better cooked in a broad flat pan that gives more of the brown crust to a serving.

Sarah Austin Rudisill

SALLY LUNN

1 pkg. of dry yeast dissolved in ½ cup warm water. To this add 1 cup warm milk, ⅓ cup sugar; 1½ tsps. salt; ⅓ cup soft butter; 3 well beaten eggs, and about 4 cups of flour. Cover and let rise to double its bulk. Beat down. Put in greased tube cake pan ⅔ full. Let rise again. Bake in moderate oven 45-60 minutes. Serve hot.

Mrs. Thompson Baird Pierce

VIRGINIA EGG BREAD

Buttermilk, 1 cup, plus ½ tsp. soda

Cornmeal, 1 cup, plus 1 tsp. salt

Flour, ¼ cup; Melted fat, 1 tbls.; Egg, 1

Bake brown in shallow pan.

Mrs. J. W. Guthrie, Brookneal, Va. 1925

CHEESE WAFERS

I pound of grated N. Y. State Cheese; ½ lb. butter (do not use oleo or any substitute); 4 cups of flour; 1 tsp. salt. Cayenne pepper as desired. Cream cheese (soft) and butter; add seasonings. Work in the flour gradually by hand. This is a very stiff batter. Shape into rolls about 1½" in diameter and wrap separately in waxed paper. Chill. Slice with sharp knife as for ice box cookies. Place on ungreased cookie sheet and bake at 325 for about 15 minutes. Cool before storing and do not let get too brown. A cup of nuts can be added, or a nut pressed into each wafer.

Mary Lou Niven (Mrs. Henry)

SOUTHERN GRAHAM BISCUITS

1 cup of white flour, sifted together with 2 cups of Graham flour, 2 tsp. baking powder, 2 tsp. brown sugar, and 1 tsp. of salt. Add ¾ tsp. of soda in a cup of buttermilk and ½ cup of lard. Make a soft dough. Roll about ¼" thick. Cut and bake in 450 degree oven until brown.

Mrs. E. A. Anderson, President North Carolina Division U.D.C.

SESAME SEED STICKS

,Mix together 2 cups of self-rising flour, 4 boxes of Sesame seed, ¼ tsp. salt, 1½ sticks of margarine, and a dash of paprika. Make into a stiff batter with ice water. Shape into sticks and bake 2 hrs. at225.

Elvilee Swanzey (Mrs. Henry)

WAFFLES

Put 3 eggs, 2 cups of milk, ¾ cup of oleo, and 3 cups of self-rising flour in bowl and blend to smoothness. Cook on hot waffle iron, and serve at once with a tiny pitcher of melted butter and a larger pitcher of MAPLE SYRUP. Make this by using a cup of brown sugar, ½ cup of hot water and 1 tsp. of maple flavoring. Let come to a boil and use.

PECAN WAFFLES or BLUEBERRY WAFFLES

Use the same proportions for your mix. Except you may not blend in a mixer. It must be beaten by hand. The berries or nuts are tossed into the dry flour and it is added last to the well-beaten eggs, butter aand milk.

CINNAMON TOAST

Brown the bread on one side. Take out and spread with soft butter. On this spread brown sugar and sprinkle with cinnamon. Cut three strips to one slice of bread. Serve with afternoon tea.

FRENCH TOAST

Beat an egg into a cup of milk. Put this in a large, flat soup bowl. Have your griddle hot and melted oleo, or salad oil, ready. Dip slices of dry toast into the egg-milk mixture. Drop on griddle. Brown on each side and serve with honey for breakfast. Turn only once.

HAM BISCUITS

When you roll your biscuit dough, flip it once and roll again. Cut small biscuits, and pierce them with tines of a fork. Have small portions of broiled or fried ham ready-cooked. When the biscuits are lightly browned, take them out, pop them open, butter them and place a luscious, little piece of ham in each biscuit. Good for luncheon plates and for picnics. In fact—GOOD!

WARTIME BATTER BREAD

Pour 1 cup of boiling water over 1 cup of cornmeal. Add a heaping tbls. of butter, 1 egg, and a cup of buttermilk with 1 tsp. of soda dissolved in it. Use ½ tsp. salt and 1 tsp. of sugar. Bake brown. Serve in squares at suppertime with black molasses. Surprisingly tasty.

BEATEN BISCUITS

2 cups sifted flour; ⅓ cup cold shortening; ½ cup cold milk; 1 tsp. salt. Work well. Beat a minimum of 100 hard licks with rolling pin. Roll thin. Cut very small. Prick with fork. Bake until lightly browned.

QUICK ROLLS

The prepared mixes are delicious, and practically fool-proof. Yet this is a quick mix to use if you fail to have a mix on hand. Dissolve 1 yeast cake in a cup of very warm (but not hot) water; add 1 large spoonful of oleo, 1 tsp. salt, ¼ cup sugar, 1 egg, 3½ cups flour. Blend. Work. Place in greased bowl (covered) in warm place. Let double in bulk. Make into rolls, brush with oil or oleo. Fold over. Fill pan. Let rise again. Bake 325 degrees until browned lightly.

Mrs. Frank Blue of Sanford gave me this recipe in '36.

POTATO ROLLS

1 yeast cake dissolved in 1 cup lukewarm water

1 qt. flour, 1 tbls. ea. of sugar and salt, sifted together

1 cup lard. Over this rice 4 boiled, medium sized potatoes

Combine all ingredients. Add 2 beaten eggs. Knead. Let rise until doubled. Make into Parker-house rolls. Brush butter over rolls. Fold. Bake at 400 about 10-15 min.

This recipe belonged to Lyda Grimes Russell Pollard, daughter of a Confederate veteran, and it was given by her daughter, Anne P. Williams.

ICE BOX ROLLS

Into warm bowl put 1 cup hot water, 1 cup milk and 1 yeast cake. When cake is dissolved, add 1 tbls. each sugar and salt; ½ cup Crisco Mix. Add 1 egg and enough flour for a soft dough. Cover. Refrigerate. When ready to use, make out rolls, let rise and bake 10 min. at 400 degrees.

(Recipe of Lida Ware Williams, given by Mrs. Phillip Williams).

COCKTAIL CHEESE BISCUITS

½ stick butter, 1 drum (½ lb.) **sharp** cheese; ½ cup flour; ½ tsp. worchester sauce; dash of red pepper. Mix well. Form into two long rolls. Chill thoroughly. Slice into thin rounds. Place tiny pickled onion (White Rose) or a pecan on each. Bake on ungreased biscuit sheet until brown.

Lucille Bevis (Mrs. J. E.)

PENNY MUFFINS

Dissolve yeast cake in ¼ cup warm water; to this add 1 tbls. salt, ¼ cup sugar, 1 heaping tbls. lard, 1 cup hot water. When cooled, add 1 egg. Stir in 1 qt. flour. Let rise 12 hrs.; Stir down. Let rise again 12 hrs. Make out 3 hrs. before baking. Bake 15 min. at 400 degrees.

Anne Williams (Mrs. Phillip)

GINGER SANDWICHES

Chip crystalized ginger over sandwiches that have been spread with soft cream cheese. Trim and cut into four diagonal sandwiches, or cut into open-faced rounds and use a bit of cherry chipped in for color.

TIPSY SANDWICHES

Grind raisins, dates, and nuts. Flavor with rum or brandy flavor. Mix with cream cheese, and use on open-face brown bread cut into triangles.

ROLLED "CHEESE AND GARLIC SANDWICHES"

Trim your bread. Spread with soft, sharp cheese. Sprinkle generously with garlic and a bit of paprika. Roll in tin foil. Refrigerate. Cut into pinwheels.

DROP BISCUITS

These are made exactly like plain biscuits, only with a bit more milk so they can be dropped by teaspoonfuls on a lightly greased pan. Serve very hot for breakfast.

"PICK'S" BANANA BREAD

2 cups of flour; 1 cup of white sugar; ½ tsp. of salt; 1 tsp. of soda; ½ cup of butter or oleo; 3 eggs; 3 large, or 4 small, bananas, mashed; ½ tsp. vanilla; 1 cup of nuts (optional). Cook 1 hour at 350 degrees.

Mrs. Thos. H. Williams

BUTTERMILK ROLLS

1 cup of lukewarm buttermilk; 1 tsp. of sugar; ¼ tsp. of salt; 3 tbls. soft shortening. Blend all together. Into this crumble 1 package of dry yeast. When dissolved, stir well. Add 2½ cups of flour.

Mrs. Lossie Packer, Clinton, N. C.

HOT CAKES

Flour, 1 cup of self-rising; Egg, 1; Milk, 1 cup; Oleo, 2 tbls. Blend. Drop by tablespoonfuls onto smoking griddle. Turn once.

CINNAMON TOAST

Mrs. T. J. Wisecarver gave me this recipe, which sounds delightful. Cut French Bread very thin. Toast. Spread with sugar while hot and sprinkle with cinnamon. Serve at once.

BISCUIT SUPREME

Sift together 2 cups of plain flour, 4 tsps. of baking powder; ½ tsp. of cream of tartar; 1 tsp. of salt, and 2 tbls. sugar. Add ½ cup of shortening and ⅔ cup of sweet milk. Blend, roll and cut. Bake 15 min. at 400 degrees.

Iola Farrell (Mrs. J. M.)

DELICIOUS YEAST ROLLS

Blend 4½ cups of plain flour; 1½ tsp. salt, ½ cup sugar, and ⅔ cup of shortening. Add 1 egg beaten into ¼ cup water; and 1 envelope of yeast dissolved in a cup of tepid water. Let stand in air-tight bowl in refrigerator 24 hrs. (or less). Roll and cut into very thin rounds the size of muffin ring. Put in one ring, brush with butter and put another on top. Flute edges.

Iola Farrell (Mrs. J. M.)

POPOVERS

In mixmaster put 1 cup of self-rising flour, ¾ cup of milk, 2 eggs, and 1 tsp. of cooking oil. Beat at high speed thoroughly. Put into greased, hot muffin tins and bake at 400 degrees until done.

Candies

Basic Recipe

2 cups granulated sugar, Butter size of a walnut, 2 tbls. Karo (Light), ⅔ cup of milk, 1 tsp. vanilla.

For **FUDGE**, add 1 square chocolate, or 2 heaping tbls. cocoa. D

For **PEANUT BUTTER CANDY**, omit the chocolate, but add 2 tbls. peanut butter to the basic mix.

For **COCOANUT**, add ½ cup cocoanut to basic mix.

But for any of the above, cook until it hardens to a firm ball in cold water. Beat until ready to pour. Then pour on a piece of waxed paper. Cool slightly and cut into squares. Nuts may be added to the Fudge and Peanut Butter if desired. This makes in a few minutes, never fails, and is always good.

OLD TIMEY "PULL" TAFFY

1 cup hot water, 2 cups white sugar, ¼ cup vinegar. Cook until it forms a hard ball in cold water. Pour on buttered plates, and start pulling as soon as it can be handled. Note: this candy may be stirred until it is ready to boil, but MUST NOT be stirred while boiling.

MOLASSES TAFFY

2 cups molasses, 1 cup brown sugar, butter size of walnut. Boil 20 minutes; add 2 tsps. cream of tartar, 1 tsp. soda, and 1 tbls. vinegar. Pour on buttered plates. Pull until light.

GOOBER BRITTLE

When taffy has been pulled a little, begin rolling it in goobers (peanuts) that have been roasted and skinned, or peeled.

DEEP SOUTH PRALINES

Brown sugar, 2½ cups; white sugar, ½ cup; butter (or oleo) ¼ cup; cream, 1 cup, thin. Boil to soft ball stage. Add ⅛ tsp. cinnamon, and 1 cup chopped pecans. Beat. Drop by teaspoonsful on waxed paper.

FUDGE REGAL

6 lbs. sugar; 2 tbls. salt; 1 can Hershey's cocoa; 6 tbls. white Karo; 1 quart sweet milk; 1 tablespoonful vanilla; 1 pound butter; 1 pound shelled pecans or walnuts. Cook all but last 3 ingredients together to firm ball stage. Remove from fire, add vanilla, and butter. Don't stir. Let cool until bowl is lukewarm. Beat until thick. Add nuts. Pour into square pans to cool. Cut into small squares and pack in boxes.

MARSHMALLOW MINTS

¼ cup of Karo (white)

1 cup white sugar

½ cup of water

Boil these to soft ball stage. Add 10 marshmallows, 4 drops of green coloring, and 3 drops of oil of peppermint. Beat. Add 2 cups chopped pecans. Spread on waxed paper. Cut into squares.

Mrs. W. G Ferguson

MARTHA WASHINGTON CREAMS

¼ cup butter creamed, by hand, into 1 lb. sifted Confectioner's sugar. Add 1 tsp. pure vanilla. Make into balls, or any fancy shape. Let harden. Melt ½ cake, or more, of Chocolate and roll the balls into this. This can be varied by enclosing a nut, cherry, or piece of crystalized fruit in center. When I make Christmas candies, I divide this into four parts: one part is a tiny white rolled ball; one is colored green, flavored with almond, rolled into a long (1½") roll, and partially rolled in chocolate so that half is green the other part chocolate; the 3rd part is colored pink, heart shaped and has a sliver of pineapple or cherry in it. The 4th part is shaped square, colored yellow and has a tiny bit of orange peel candy either in it or stuck on the top. Both the pink and yellow parts are chocolate coated.

(Recipe given by Miss Alice Edmondston, Washington, D. C., 1920)

LUCILLE'S CHOCOLATE FUDGE

Cook 2 cups of sugar, a pinch of salt, 2 tbls. of cocoa; 2 tbls of white karo and ¾ cup evaporated milk to the soft ball stage. Remove from fire and add a lump of butter about the size of a walnut and a tsp. of vanilla. Cool. Beat. Pour into buttered square pan, and cut.

Mrs. D. D. McNeill

PULLED CREAM MINTS

4 cups of white sugar cooked in 1½ cups hot water until it spins a thread. (Note: this must be stirred before cooking to dissolve the sugar, but **never** stirred while cooking). Just before taking up, add 1 stick oleo or butter, then boil to hard ball stage. Add a pinch of salt. Pour on marble slab to cool (this must have been greased). Let cool until it dents when pinched. Then divide into two parts to color one green. Put 3-4 drops of Oil of Peppermint (**not** peppermint, or mint, flavoring) on each part. Pull until light and dry. Twist in long thin rope. Cut with scissors. Let stand 8-10 hours, until creamy. Then package in jars or cans. This makes 1 quart.

CANDIED FRUIT PEEL

Take your fruit peel (Grapefruit, Orange, Lemon, Guava) and scrape pulp away. Cut into thin slices, and boil through several salty waters. Then cover with a syrup made of 1 part water to 3 parts sugar. Boil "dry". Cool slightly and roll in granulated sugar. Leave on waxed paper to become cold. Pack in boxes that are air-tight.

PECAN GOODIES

Boil a cup of sugar with ⅓ cup of water to soft ball stage. Stir into this a teaspoonful of cinnamon. Then pour 2 cups of pecan halves in this and stir until its starts crystalizing. Pour on waxed paper. With fork separate pecans individually from the rest.

Mrs. H. E. Lester

REFRIGERATOR FUDGE (2½ Lbs.)

¾ cup evaporated milk and 2¼ cups of sugar brought to a slow boil in a heavy pan. Stir for about 10 minutes at very low heat. Remove and add two 6 oz. packages of chocolate chips. Beat well. Add ⅓ cup of white Karo, 2 tbls of soft butter and 1 tsp. of vanilla. Beat until blended. Add 1 cup of chopped nuts. Chill 1-2 hours. Cut.

, Iola Farrell (Mrs. J. M.)

CAN'T FAIL FIVE MINUTE FUDGE

Mix a small can of undiluted Carnation evaporated milk with 1⅔ cups of sugar and ½ tsp. of salt in saucepan over low heat. Let boil 5 minutes, stirring constantly. Remove from fire and add 16 marshmallows and 1½ cups of Bakers, or Caramel, chips; 1 tsp. of vanilla and ½ cup chopped nuts. Stir to smoothness. Pour into buttered 9" square pan. Cut as soon as hard enough.

PEANUT, OR PECAN, BRITTLE

Cook the following to a good boil: 2 cups of white sugar; ½ cup of white Karo; ½ cup of water; and 1 tsp of salt. Then add 4 cups of raw peanuts (or pecans and cocoanut mixed). Cook until it is done. This can be told by the stage when a strand of the syrup dropped in cold water will crack against a cup. Then add 1 tablespoonful of soda. Stir briskly until it is dissolved. Pour quickly onto a marble slab.

Cakes, Cookies, Frosties, and Icings

CAKES

Mrs. Robert Torrence brought me a very old family cook-book printed in 1817. The recipes run something like this:

ICING FOR A LARGE CAKE

Beat the whites of twenty eggs. Add a pound of sugar. Mix in a deep earthen pan. Whisk for three hours until it is thick and light. Then with a thin, broad board spread it over the tops and sides. Set in a cool oven an hour to harden. Lemon Peel is a nice flavoring for this.

Then there is a recipe for

PLUM CAKE

Mix thoroughly a quarter of a peck of fine flour with 3 lbs. of currants, half a pound of raisins, ½ lb. nuts, spices and a pound of sugar. Melt 2 lbs. of butter in 1¼ pts. of cream. Put to it a pint of sweet wine, a glass of brandy; 12 eggs beaten separately and half a pint of yeast. Throw in plenty of citron, lemon, and orange candy. Bake. Ice and set in the oven to harden the icing.

This book was called "Domestic Cookery" by A Lady. It is leather bound and has over three hundred pages.

Jewell Caldwell has sent two delicious recipes. They are:

DOUBLE RICH FUDGE SQUARES

3 squares of melted chocolate, 2 cups sugar, 4 beaten eggs, 1 cup each butter and flour (self-rising); 2 tsp. vanilla. Mix. 1 cup nuts; blend well. Bake 25 min. at 350 degrees. Cut in squares.

Mrs. W. R. Caldwell

NUTTY FINGERS

Flour, 3 cups; Oleo or butter, 2 sticks; powdered sugar 4 tbls.; chopped nuts, 1 cup; vanilla, 2 tsp. Mix well. Shape by hand. Bake 30 min. at 350. Take up and dust with confectioner's sugar.

Mrs. W. R. Caldwell

DEVIL'S FOOD CAKE

Sift together 1 cup flour, 1 cup sugar, and ¾ tsp. soda. Add ½ cup of water, 1 square melted chocolate, 2 tbls. soft butter, and 1 egg. Add ⅓ cup sour cream. Bake in layers at 350. Cool, and use this icing:

ICING FOR DEVILS FOOD CAKE

1 cup of sugar, 1 heaping tbls. corn-starch; 1½ squares chocolate, 5 tbls. boiling water, dash of cinnamon. Boil 3 minutes. Add 1 stick of butter. Beat creamy.,

Thelma Edwards

QUICK, UNCOOKED CHOCOLATE FROSTING

2 sqs. melted chocolate; 2 tbls. margarine (soft); ⅓ cup hot milk. Blend well. Sift in 3 cups 4-X sugar. 1 tsp vanilla.

Mrs. Elmer Hilker

JELLO POUND CAKE

1 box yellow cake mix; 4 eggs; 1 box lemon jello dissolved in ¾ cup boiling water. Mix well. Cook 1 hr. at 350. This is a nice, moist cake that has few crumbs.

Mrs. J. E. Ballou, given by Mrs. W. G. Ferguson

WHITE HOUSE POUND CAKE (1861-65)

1 lb. butter; 3½ cups sugar; 10 eggs; 4 cups flour; 1 tsp. powdered mace. Blend well and bake at 325 for 1¼ hours.

Mrs. Grady Ross

KAY'S LITTLE CAKE

Butter, ⅓ cup; Sugar, 1 cup; Eggs, 2; Milk ⅔ cup; Flour, 2 cups self-rising; Vanilla, 1 tsp.

MOTHER GUTHRIE'S DEWBERRY CAKE (Brookneal Virginia—1925)

1 cup each of sugar, butter, Dewberry Jam, and buttermilk (with 1 tsp. soda in it). 4 eggs, 3 cups flour, 2 tsps. each of allspice, nutmeg and cinnamon. Use this for filling the layers and frosting:

MIRACULOUS ICING

Sugar, 1½ cups; Water, 5 tbls. Boil until drop firms in cold water. Pour this slowly onto the stiffly beaten whites of 2 eggs to which ¼ tsp. cream of tartar has been added. Use mixer for this as it has to be beaten rapidly during addition of hot syrup. Flavor.

POUND CAKE

1 cup butter; 1½ cups sugar; 5 eggs; 1½ cups flour; ¼ tsp. soda; 1 tsp. cream of tartar; ⅛ tsp. salt; 1½ tsp. vanilla; 1½ tsp. fresh lemon juice. Bake slowly.

Thelma Edwards (Mrs. A. R.)

PECAN SLICES

Combine ¼ cup of Crisco; ¼ cup of butter and 1 cup of flour. Spread, by hand on bottom of greased 12"x12" cake pan. Bake 9 min. at 325. Remove and spread with this paste: 2 beaten eggs, 1½ cup brown sugar; 1½ cup chopped pecans; 2 tbls. of flour; 1½ tsps. of baking powder; ½ tsp. salt and 1 tsp. of vanilla. Put back in oven and cook 25 min. at 325. While still hot spread with a mixture made by adding lemon juice to 2 cups of Confectioner's sugar. This is the best-ever.

Sudie Thomas (Mrs. F. E.)

CARROT CAKE

2 cups of sugar, 4 eggs, added separately; 1½ cups of Wesson Oil. Beat into this 2 cups of finely grated (not ground) carrots. Add 1 cup of ground pecans and 3½ cups of self-rising flour. Flavor with 1 tsp. of vanilla and a dash of cinnamon. Cook in tube pan 1¼ hrs. at 325. Do not open stove door for 1st hour. Serve either hot or cold—uniced. Marvelous and always a conversation-piece as no one ever guesses "Carrots"!

Iola Farrell (Mrs. J. M.)

SAND TARTS

Cream 2 cups of sugar with 1 cup of butter. Add 3 eggs, and 5-6 cups of self-rising flour. Refrigerate 2 hrs. Roll very thin in a mixture of ½ flour and ½ sugar. Cut. Brush with white of egg. Use nut center. Sprinkle with cinnamon (lightly). These can be rolled in colored sugars for holidays, and cut into any fancy shapes. Bake 7 minutes at 350 degrees.

Margaret Clayton (Mrs. O. W.)

WHITE FRUIT CAKE

2 cups each of butter and sugar creamed; 12 eggs. Blend in electric mixer. Sift 4 cups flour into bowl. In this mix ¼ lb. finely chopped citron, 1 grated cocoanut; 1 cup chopped pecans, English walnuts and almonds; 1 box white raisins; ¼ lb. candied cherries; 1 lb. candied pineapple; ¼ lb. each orange and lemon candied peel; 3 ounces (½ glass) each of brandy and sherry (fruit juices may be substituted). Bake in slow oven (300) four hours.

DARK FRUIT CAKE

Into one bowl sift 6 cups of flour (self-rising); into this toss, or sprinkle, ½ lb. each figs, dates, candied orange and candied lemon peel. Stir well, then add 2 cups chopped pecans, 1 lb. each raisons (seedless) and currants, and 1 cup chopped almonds. Into another bowl sift 4 cups of sugar and blend with 2 cups of butter that is at least a week old, and add the well beaten yolks of 12 eggs. Mix the ingredients of the two bowls together, and fold in the whites of the eggs. Lastly add 1 tsp. each cinnamon, ginger, and nutmeg, and a glass of brandy or sherry.

The following two recipes came from Virginia friends to Grandmother about 1900.

STONEWALL JACKSON CAKE

Cream 2 cups of sugar with 1½ cups of butter; add beaten yolks of 10 eggs, and four cups of flour in which 4 tsp. baking pwd. and ¼ tsp. salt have been sifted. Add 1 wine glass of brandy, and fold in the whites of 8 of the eggs. Bake in loaf pan at medium low heat until a straw stuck in the center comes out clean. Take up on a white platter.

¼

Icing

Boil 1½ cups white sugar (or light brown) with ½ cup of hot water until a drop in cold water forms a soft ball. Then pour over the whites of the other two eggs which have been beaten stiffly with ¼ tsp. of cream of tartar. Ice the cake, and just before it hardens stick the four sides with walnut and pecan meats to resemble a stone wall. Or if you prefer you can use horehound stick candy on the sides.

¼

GEN. ROBT. E. LEE CAKE (Said to be his favorite)

10 eggs, their weight in sugar, half their weight in flour, grated rind and juice of one lemon or orange.

Filling: Whites of 2 eggs beaten until they froth, juice of an orange, 2 cups white sugar, a cocoanut grated fine. Spread this between the layers and frost with a plain white icing.

MOSS ROSE CAKE

Make a sponge batter by beating together 1 cup of sifted sugar and 2 eggs; add 2 cups of flour and 1 cup of warmmilk. Flavor with ½ tsp. strawberry, and ½ tsp. lemon. Bake in layers at 325.

Filling and Icing: Use Miracle Icing recipe this book. This may be tinted pink, and green tinted cocoanut used at the base. It is lovely if decorated with confectioner roses.

The Editor was part owner and operator of the Clay Pipe Tea Room off Charles St. in Baltimore 1924-25. This was our most popular dessert:

LADY BALTIMORE CAKE

1 cup butter; 1½ cups sugar creamed; add 1 cup tepid milk, 3 cups self-rising flour, and fold in the whites of 6 eggs. Bake in layers at 350 degrees.

Filling: Boil 2 cups of sugar and ¾ cup water until it threads. Pour over stiffly beaten whites of 2 eggs. Take ½ mixture and add 1 cup each chopped dates, nuts and raisins for filling. Ice with rest.

GRANNY'S MOLASSES BREAD DELIGHT

Blend ½ cup sugar with ½ cup soft butter. Add 1 cup black molasses (I prefer "Grandma's" brand); 1 tsp. each cinnamon, ginger, nutmeg; 2 tsps. soda in 1 cup boiling water. 2½ cups flour; 2 well beaten eggs. Blend well. Cook in biscuit pan. Ice and cut in squares. Serve hot with raisin sauce if you do not ice.

(1915, Mrs. H. P. MacPherson)

RAISIN SAUCE

2 cups of sweet milk; ½ cup sugar; 1 tsp. vanilla; 4 tbls. flour mixed with water. Cook until firm, about five minutes. In another pan steam a cup of raisins until soft. Drain and add to this sauce when ready to eat. This recipe was given me by our cook, Emma Helen Hooker, about 1930.

MORAVIAN COOKIES

These cookies are made and sold in Winston-Salem, and make a delightful gift for holiday times. They differ from ordinary spicy ginger cakes by their wafer-like thinness and clever shapes. Cream 3 sticks of Oleo with 1½ cups of light brown sugar. Add 1½ cups of molasses and 3½ cups of self-rising flour. Add 1 tsp. each allspice, cinnamon, and ginger. Use enough sherry or port to make a firm batter that can be rolled paper thin and cut into shapes for baking. These can be stored for weeks. This differs slightly from the original recipe, which is quite heavily spiced with cloves and mace, which we dislike, but these may be substitutel to secure the taste of the bought cookies.

MASTER RECIPE FOR DIXIE COOKIES

This may be doubled again and again according to number of cookies desired. It may be changed by the addition of cocoanut, or of nuts. The batter can be divided and cut into fancy shapes to be frosted, or dotted with nuts or sprinkled with colored sugar, or ground peanuts, or cookie decorators.

Cream ½ cup oleo with ¾ cup sugar. Add 1 egg, 1 tbls. milk, 1 tsp. vanilla, and 1¼ cup self-rising flour.

CAROLINA GOODIES

This recipe was given me by Mrs. Hinson of Chapel Hill and is delicious.

Cream together ½ cup shortening, ½ tsp. salt, ½ cup brown sugar and 1 cup flour. Bake 15 min. at 325. Then pour over this the following: Mix 1 cup brown sugar, 1 tsp. vanilla, 2 well beaten eggs, 2 level tbls. flour, ½ tsp. baking powder, ¼ tsp. salt. Raisins and cocoanut may be added to the 2nd mixture if wished. Bake 25 min. at 325. Cut in tiny squares. Use at morning Coffees or afternoon Teas.

SNICKER DOODLES

This recipe was given me by Virginia Johnson of Charlotte in '55.

Eggs, 2; Sugar, 1½ cups; Soft butter, 1 cup; Flour, 2¾ cups; Soda, 1 tsp.; Salt, ½ tsp; Nuts, 1 cup. Shape like a marble. Roll in cinnamon sugar; make at 350. Place 2 inches apart in pan. This may be rolled, refrigerated, and sliced.

"EDNAS" COOKIES

This was given me by Mrs. Chas. Nisbet in 1953.

Flour, 1 lb.; Cheese (softened) 1 lb.; Butter (soft) ½ lb.; 1 tsp. salt. Red pepper to taste. Nuts and dates. Roll dough in 2" strips. Fill dates with nuts and place on strips. Cover with another strip. Cut into squares. Bake.

GRANDMOTHER'S SPONGE CAKE (Modern Version)

Into the bowl of electric mixer break 4 eggs. Add 1½ cups sugar; 1½ cups unsifted plain flour; and ½ cup cold water. Blend well. Add 2 tsps. vanilla, 1 tsp. salt, and 3 tsps. baking powder. Cook in ungreased 3" muffin tins in preheated oven 15-20 min.

Recipe of Sarah Thompson Pollard given by her granddaughter, Anne Williams.

BANANA BREAD

Cream 1 stick of oleo and 1 cup sugar. Add 2 large, ripe bananas mashed well, 2 eggs, 2 cups flour. Dissolve 1 tsp. soda in ¼ cup hot (not boiling) water. Beat well. Bake 1 hr. at 350 degrees.

Johnnie Horn

CRACKER CAKE

1 lb. box Graham crackers, rolled into crumbs. To this add ½ cup melted butter. Then take 1 lb. box of Confectioner's sugar and cream it with ½ cup of butter. To this add the yolks of 6 eggs—separately. Beat well. Fold in stiffly beaten whites of 6 eggs. Add 1 cup chopped pecans, and 1 cup of whipping cream (½ pint) which has been whipped. Line a loaf pan with waxed paper, so that it hangs over the sides. Put a layer of crumbs in bottom of pan. Cover with batter. Continue alternating until last layer is crumbs. Cover with waxed paper. Chill 12 hours. Lift from pan by grasping waxed paper. Top with whipped cream.

Kate Hanner (Mrs. R. P., Sr.)

PECAN MERINGUES

2 egg whites, beaten stiff, with 1 cup sugar beaten into them. 1 cup pecan halves. Drop on greased cookie sheet and cook in moderate oven until firm and light brown. ½ tsp. vanilla may be added to mixture.

Mrs. W. G. Ferguson

ORANGE DATE CAKE (Original Recipe)

Cream 1 stick of oleo with 1 cup sugar. Add 2 cups flour; grated rind 1 orange; ⅔ cup buttermilk with 1 tsp. soda dissolved in it; 1 cup each chopped dates and nuts. Bake 35 min. at 325. When cooked, pour over it 1 cup of orange juice blended with 1 cup sugar, simmering hot. Grate nuts on top. This is delicious.

Mrs. J. A. MacAdoo

ICE CREAM CAKE (A beautiful frozen dessert)

Slice a large Angel-food cake crosswise twice (3 layers). On bottom layer spread 2" Lime Sherbet; then cover, and on this layer spread 2 inches of vanilla ice cream with chopped walnuts. Cover top with orange sherbet. Cover with whipped cream. Freeze. Wrap in foil. Can be prepared days ahead of time.

Mrs. Wm. Lester Brooks, Sr.

SCRIPTURE CAKE

1 cup butter (Judges 5:25); 2 cups sugar (Jeremiah 6:20); 4 eggs; 3 cups flour (I Kings 4:22); 3 tsps. baking powder (Matt. 13:33); ¼ tsp. salt (Matt. 5:13); 1 cup of milk (Prov. 30:33); 1 tsp. almond extract (Eccl. 12:5); Stir well (Psa. 35:2'); Bake in oven (Hosea 7:4). This is GOOD.

CREAMY CARAMEL FROSTING (Never Fails)

Melt ½ cup oleo in heavy pan. Add 1 cup brown sugar, ⅛ tsp. salt. Cook 2 min. on low heat while stirring. Add 4 tbls. milk. Stir until it comes to a boil. Remove from fire and stir in 2½ cups Confectioner's sugar and 1 tsp. vanilla.

Black Magnolia Icing

Butter, ½ cup; Milk, 1 cup; Sugar, 2½ cups. Boil to soft ball stage. Pour into bowl. Add ¼ lb. chocolate, 1½ tsp. vaniila, ⅛ tsp. salt. Beat creamy.

"SWIRL" CAKE

Melt 2 squares Baker's unsweetened Chocolate; Sift 1¾ cups cake flour, 1½ cups sugar, 2 tsp. Calumet Baking Powder, ¼ tsp. soda, 1 tsp. salt; Stir into this ½ cup soft shortening; Add 1 cup undiluted evaporated milk and 1 tsp. vanilla. Mix to dampen all flour—2 minutes low speed or 300 strokes. Add 2 eggs, ¼ cup evaporated milk and the chocolate squares (above). Beat 1 min. (mixer) or 150 strokes by hand, and pour into two 9" layer pans lined with paper. Then melt two more squares of chocolate, and pour it in circles on top of batter in pans 1" from rim. Swirl chocolate in design. Bake 30 min. at 350 degrees. Cool. Split layers (making four layers) and use this

Filling

In small bowl combine 2 squares of melted, cooled Baker's Chocolate; 1⅓ cup butter; 1 cup sugar; ⅔ cup evaporated milk; 2 tbls. water; ½ tsp. salt; 2 tsps. vanilla. Beat vigorously in mixer 10 min. until fluffy like whipped cream.

Shirley Simms

OLD WORLD CHOCOLATE CAKE

1 package sweet cooking chocolate (German) melted in ½ cup boiling water. Cool. Add 1 cup butter and 2 cups of sugar (creamed); then the yolks of 4 eggs, 1 tsp. vanilla, and blend well. Add 2½ cups self-rising flour, and 1 cup of buttermilk in which 1 tsp. soda has been dissolved. Fold in stiffly beaten whites of 4 eggs. Pour into 3 layer pans. Bake 30 min. at 350 degrees, or until cake leaves sides of pan. Use this for filling and frosting:

Bo-Peep Icing

1 cup evaporated milk, 1 cup sugar, 3 egg yolks, 1 cup butter, 1 tsp. vanilla blended, and cooked in double boiler until thick. Add 2 cups grated cocoanut and 2 cups chopped pecans.

RUM BALLS

½ lb. vanilla wafers, crushed fine; 1 cup nuts, chopped fine; 2 level tbls. cocoa, ½ cup light Karo; ¼ cup rum. Mix by hand to fine paste; Dust palms with Confectioner's sugar and shape into balls size of marble. Dry out 1 hour. Roll in Conf. sugar. Store air-tight.

Mrs. Henry Swanzey (Evilee)

BANANA-NUT BREAD

½ cup shortening creamed with 1 cup sugar. Add 2 eggs, 3 mashed bananas, 2 cups flour well sifted with ½ tsp. baking powder and 1 scant tsp. soda. Add ½ cup chopped nuts. Bake at 350 45-60 min.

Thelma Crotts (Mrs. W. O.)

CARAMEL ICING

2 cups light brown sugar, 1 cup white sugar, 3 tbls. white Karo, and 1 cup Carnation Milk. Stir constantly while boiling to a firm ball. Take up. Add 3 tbls. butter and cool. Beat until creamy. If too stiff to spread, thin with a little warm cream.

Nell Fisher (Mrs. Geo. F.)

Name of sender of next two recipes was misplaced.

DATE NUT CAKE (Dark)

1 cup butter, 2 cups sugar, ½ cup molasses, 1 heaping teaspoon soda (mix in molasses), 1 cup whiskey, 6 eggs, 4 cups flour, 2 pounds dates, 1 pound shelled pecans, 1 heaping teaspoon nutmeg. Use 2 cups of flour to dredge dates and nuts. Bake 2½ hrs. in slow oven 250 degrees.

LOUISIANA PECAN CAKE

2 cups sugar creamed with 1 cup butter, 6 eggs, ½ cup sherry or bourbon. Blend this well. In another bowl sift 4 cups of self-rising flour into which you have dusted 2 cups chopped pecans, 1 lb. chopped dates, ½ lb. white raisins, and 1 pound each cherries and pineapple well minced. Bake at 275 degrees for 3-4 hours in a tube cake pan.

COUSIN JANIE'S LAYER FRUIT CAKE

1 cup butter creamed with 2 cups sugar, 6 eggs, 1 cup milk and 3½ cups of flour. Divide batter in half. Bake 2 layers from first part. Into 2nd part add this, 1 tsp. each of cinnamon, nutmeg, allspice and ginger, and wine glass of sherry or brandy. In another bowl take ⅓ cup sifted flour and dust 1 cup raisins, ⅓ cup chopped citron, 1 cup nut-meats, 1 cup candied cherries and 1 cup pineapple, and 1 tbls. melted butter. Add this to 2nd batter and bake in 2 layers. Use this filling:

Boil 1 cup of hot water and 2 cups of sugar with juice and rind of 1 lemon. Add 1 ground, or grated, cocoanut and 2 level tbls. cornstarch or plain flour. Cook in double boiler until transparent. Use "Miraculous White Icing" to ice this cake. Garnish with strips of cherries cut into poinsettias.

PEACH DELIGHT (UPSIDE DOWN PEACH CAKE)

Lightly rub butter over square casserole cake pan. On this place halves of large well-ripened peaches. Over this pour this batter: ⅔ cup light brown sugar creamed with 1 stick soft butter, 1 tsp. cinnamon. Small amount milk may be added to make batter. Pour over the peaches. Bake. Serve with whipped cream.

Mrs. Harrell Ritch

BENNE COOKIES

This is an old Charleston favorite, which may be made by basic cookie recipe. using more spices, and Benne seeds (obtained in Charleston) according to taste. These are made as thin as Moravian Cookies and cooked in the same manner to make a wafer-thin cookie.

SNOW BALLS

Use any basic cake mix with butter and milk in it. Cook in muffin tins. Cool. Scoop out center. Fill with thick cream sauce. Replace top. Frost with Miracle Icing. Sprinkle cocoanut heavily over this.

GUM DROP COOKIES

18 orange-slice gum drops diced; 4 well beaten eggs; 2½ cups dark brown sugar; 2 cups sifted self-rising flour; 1 cup pecans; 1 tsp. vanilla; ½ tsp. almond flavoring. Mix dry ingredients. Toss gum-drops lightly in flour—to coat. Add nuts, eggs, and flavoring. Fills two 9″ square pans. Bake 25 min. at 350 degrees. **Do not overcook.** Cut into small squares. This is luscious.

Mrs. Roy Stuart Smith

DATE BARS

Put 1 cup each chopped dates and nuts into ¾ cup plain flour. Add 2 eggs, 1 tsp. vanilla, 1 tsp. baking powder; pinch of salt; 1 cup dark brown sugar. Blend well. Bake slowly about 30 minutes. Cut into 24 bars. This is my Mother's recipe and is real good.

Mildred Smith (Mrs. Roy Stuart Smith)

ORANGE, DATE, NUT CAKE

(This is an Eastern N. C. recipe from Grandmother's files. E. W.)

Cream ½ cup of butter with a cup of sugar. Add 2 eggs, separately. Sift together 2 cups plain flour, 1 tsp. baking powder, and a pinch of salt. Dredge ½ cup of nuts, 1 cup of dates, and 1 tsp. of the grated rind of two oranges in the flour, and add to 1st mixture. Lastly, add ⅔ cup of milk with 1 tsp. of soda dissolved in it. Bake 30 minutes at 350 degrees.

TOPPING

Use the remainder of the grated rind of the 2 oranges (after 1 tsp. has been used in the batter) and ½ cup of orange juice. Mix with 1 cup of granulated sugar and pour over the hot cake slowly.

Elizabeth Wilmer

OATMEAL COOKIES

½ cup of butter; 1½ cup of molasses; 2 cups of oatmeal; 1 cup each of raisins and nuts; 3 eggs; 1 tsp. soda; and spices as desired.

BLACKBERRY JAM CAKE

Cream 1 cup of butter with 1½ cups of sugar; add 3 eggs and 1½ cups of blackberry jam. Sift together 4 cups of flour, ½ tsp. salt, 1 tsp. cinnamon, ½ tsp. allspace, and add this to 1st mixture alternately with 1½ cups of buttermilk in which 2 level tsps. of soda has been dissolved. Lastly add a tsp. of vanilla. Preheat oven to 300 and bake approximately 2 hrs. if in loaf, less time for layers.

Icing: This Caramel icing is delicious and creamy soft.

2 cups light-brown sugar, 1 cup of white sugar; 3 tbls. white Karo; 3 tbls. butter; and 1 cup of Carnation milk. Boil all ingredients except butter (stirring constantly) until it makes a firm ball in cold water. Add butter, and beat creamy.

Mrs. George L. Fisher

CRY BABY COOKIES

½ cup oleo and ½ cup coarsely ground peanut butter blended with 2 cups of brown sugar, 1 large (or 2 small) eggs, and enough flour (self-rising) to make a "rollable" dough. Cut into shapes, aand brush the tops with this mixture: ¾ cup white sugar and ⅛ cup water. Bake a very light brown. Overcooking ruins them.

BLACKBERRY ROLL

Mash your well-ripened berries with plenty of sugar and soft butter enough for richness. Let stand to ripen. Make a rich biscuit crust and roll to ¼ inch thickness. spread with the berries. Sprinkle flour over this enough to catch the juice. Roll, and curve into a crescent in a biscuit pan that has sides to it. Pierce the top with tines of fork and dot with butter. Cook in slow oven until done. Serve hot or cold, and with either a sweet sauce, or with whipped cream.

TIPSY CAKE

Over any good 2 layer sponge cake, pour the following custard in this manner: Put 1 layer of the cake (a split Angel food cake is good) into a large deep bowl. Then pour the custard made from 2 whole eggs and 2 yolks, 3½ cups of milk, ⅓ cup (or more) of sugar and 1 tsp. of vanilla and 1 tsp. Rum or sherry flavor. Add the 2nd layer. Over this pour ⅓ cup of cooking sherry. Then cover it with 1 cup of cream well whipped and blended with the beaten whites of the 2 eggs. Refrigerate to ripen. This is a delicious Holiday Dessert.

Desserts

BROWN SUGAR MOUSSE

Boil 1½ cups of brown sugar and 1½ cups of cold water 5 minutes. Pour it over the yolks of 4 eggs. Fold in the four egg whites, stiffly beaten. Fold this into 1 pint of cream well beaten.

AMBROSIA

Slice and cut orange sections into bite-sized pieces. Sprinkle generously with freshly grated cocoanut. Let stand in cool place to blend. Serve with whipped cream on top. If desired you may use any mild-flavored wine over the fruits, but it is delicious plain.

BASIC ICE CREAM

Let 2 cups of whole milk, ½ cup sugar and 1 tsp. cornstarch (or plain flour))come to a boil. Remove from fire and beat into this the well beaten yolks of 2 eggs, ¼ cup white Karo, and tiny pinch (⅛ tsp.) salt. Put back in double-boiler and cook until slightly thickened. Freeze to a mush in electric refrigerator. Remove and into this beat the whites of the eggs and a cup ofwhipping cream that has been whipped. Then return to refrigerator, stirring occasionally, or freeze in turner-freezer.

PEACH ICE CREAM, STRAWBERRY, OR ANY FRUIT, can be added to this in the last stage. Fruit must be well-ripened, and well crushed.

Fudge Sauce: ½ cup sugar, 1 tsp. butter, 1 tbls. cocoa, 2 tbls. water, 1 tsp. vanilla.

Bisque Tortoni

Make custard as above, and add ½ cup granulated macaroons, ¼ cup ground almonds, and flavor with sherry.

APPLE PAN DOWDY

"Shoo-fly Pie an' apple-pan dowdy; Can't get enough of that wonderful thing". Apple Pan Dowdy is one of the dishes that was probably first cooked-up during the war, when there was such an absence of things called for by customary desserts.

Grease baking dish heavily with butter. On this place sliced apple sections. Cover with a mixture made from molasses thickened with a bit of flour, and flavored with cinnamon or nutmeg. Cover with rich crust and bake slowly. The time of baking depends on the kind of apples used. They must be well done. This test was generally made by poking a small straw into the crust and noting how soft the apples had become. To serve this, do not invert as an upside-down cake, but scoop out with a spoon and serve in small cereal dishes, or rounded desserts with a dot of whipped cream.

SHOO-FLY PIE

Onto an unbaked pie shell heap buttered, sugared bread crumbs. Over this pour a mixture made of 1 cup black molasses, 1½ cups of boiling water into which ¾ tsp. soda has been stirred, 1 tsp. each cinnamon and ginger. Sprinkle with raisins.

BLANC MANGE

Into double boiler put 2 cups sweet milk, 2 tbls. cornstarch and 1 square of chocolate. Add 1 tsp. vanilla and pinch of salt. Stir while cooking thick. Chill and serve with whipped cream.

BLACKBERRY ROLL #2

Mash 2 cups berries with sugar to sweeten (this depends on tartness of berries). Add 1 tbls. flour, ½ stick soft oleo. Pat this onto very-short pie crust that has been rolled to medium thinness. Roll up as for a jelly roll. Cook in biscuit pan with sides. Place it in crescent shape. Serve hot with basic sauce or with whipped cream or ice cream. If you like, you may add spices to the berry mix.

BEAUFORT PARTY PUDDING

Separate 4 eggs. Beat yolks and cream them with 1 cup sugar. Slowly add 1 cup of brandy. Cook in double boiler until slightly thickened. Remove from heat. Fold in the stiffly beaten whites of eggs. Cool. Add 1 pint of heavy cream, whipped, and pour into serving bowl which has been lined with split lady fingers. Let stand 12 hrs. or overnight in freezer before serving. Serves 10 to 12.

Bobbie Ross (Mrs. Grady)

CONFEDERATE PUDDING (PERSIMMON)

Wash and pick a quart of ripe persimmons. Mash them with a cup of warm wataer, and strain. To this add a cup of brown sugar and 1 tsp. each of cinnamon, ginger, and nutmeg. Then beat 2 eggs into this, ½ stick soft oleo, a pinch of salt, 1 cup ground, or grated, bread crumbs, ¾ cups of sugar, and 2½ cups sweet milk. Bake in loaf pan at 325 until firm. Serve with whipped cream, or a sauce.

CHARLOTTE RUSSE

Soak 1 tbls. gelatine in ½ cup of water in double boiler until dissolved. Add ½ cup sugar. Fold in stiffly beaten whites of 4 eggs. Fold this into the stiffly beaten pint of whipping cream. To this add 12 chopped marshmallows, several slices of crystalized pineapple, a dozen candied cherries and a cup of chopped nuts. Flavor with sherry and vanilla. Chill. Serve in sherbet glasses garnished with fancy candies.

DATE PUDDING

3 tbls. saltine cracker crumbs dissolved in 1 cup water. Add yolks of 4 eggs, 1 cup sugar, pinch of salt, 1 tbls. butter, 1 cup each of chopped dates and nuts, and 1 tsp. flavoring. Fold in egg whites. Bake slowly in large bake pan for 1 hr. Cool. Cut into 20 squares.

Dorothy Furman

EMMA HELEN'S PUDDING

4 cups stale bread crumbs covered with sweet milk; 1 cup sugar; 1 egg; 1 tsp. vanilla; 1 tbls. butter; 3 heaping tbls. cocoa.

BASIC SWEET SAUCE

2 cups sweet milk, ½ cup sugar, 1 tsp. vanilla, 2 tbls. flour mixed with water. Cook until stiff enough—about 5 minutes. Stir constantly. Use double boiler. This may be varied by use of nuts; or different flavorings.

This recipe was given me by a Colored Maid, Emma Helen Hooker, about 1930.

MAMA'S GINGERBREAD

½ cup each of butter and sugar, creamed. Add 1 cup black molasses; ½ tsp. salt, and 1 tsp. each cinnamon, ginger, and nutmeg. 1 tsp. soda in 1 cup boiling water, 2 eggs; 2½ cups flour. This batater is rather thin. Do NOT add more flour. Serve hot with basic sauce. Sprinkle raisins in sauce just before serving and garnish with pecans.

Mrs. H. P. MacPherson, 1910

LEMON SHERBET

Mix juice of 3 lemons with 1½ cups sugar. Slowly add 1 qt. very cold milk and a few drops of yellow coloring. Freeze and serve.

Hilda Hambley (Mrs. Gilbert)

FROZEN PINEAPPLE TORTE

Drain juice from 9 oz. can of crushed pineapple. Cook this juice with yolks of 3 eggs, ½ cup sugar, and 2 tbls. lemon juice. Cool. Fold in pineapple, beaten egg whites and 1 cup heavy cream beaten.

Sarah Rudisill (Mrs. Bryan)

PECAN MERINGUES

1 egg white well beaten, into which 1 cup of sugar has been slowly stirred. ½ teaspoonful of cream of tartar; 1 cup chopped pecans. Drop on waxed paper by ½ teaspoonfuls. Bake until light golden brown.

Mrs. W. G. Ferguson

OLD FASHIONED RICE PUDDING

In double boiler put 1 quart milk, ¼ cup uncooked rice, ⅛ tsp. salt, and ¼ cup sugar. Cover and heat until milk scalds. Remove from heat and add ¼ tsp. grated lemon rind; 1 tsp. vanilla, ⅛ tsp. nutmeg. Ponr into 6-cup casserole (uncovered). Bake 2½ hrs. Stir with fork three times first hour to keep rice from settling. Then add ¼ cup thin cream. ½ hr. later stir in another¼ cup of cream. ½ cup of seedless raisins may be added after 1st hr. of cooking. This is good either hot or cold, with or without sauce.

Esther Smith (Mrs. Hill Smith)

SWEET POTATO PUDDING

2 medium sized potatoes grated into 2 cups of sweet milk. Add 1 stick of soft oleo, ¾ cup of sugar, pinch of salt and 3 beaten eggs. Flavor with nutmeg. Brown and cook until firm. Good with sauce.

PERSIMMON PUDDING

The anecdote was told that back in the 'Sixties a Yankee teased a Southerner by asking, "Why does everyone down here have such ragged clothes?" and was told, "There's nothing left to eat but persimmons. We get our clothes torn climbing persimmon trees after fruit for puddings!"

This is the best persimmon pudding you've ever tasted:

"Clarence's Pudding"

Run a quart of persimmons through a colander to separate seeds. This should give about 2 cups of pulp. To this add 1½ cups of brown sugar; 1 cup of butter; 2 cups of milk; 2 eggs; 2 cups of flour (plain); 4 tsp. baking powder dissolved in a little water; ¼tsp. salt; ½ tsp. of cinnamon. Bake at 325 degrees for 1 hour.

C. O. Steppe

RED RASPBERRY TARTS

1 (10 ounce) package of frozen raspberries, thawed. Drain juice and boil with 2 tablespoonfuls of cornstarch until it boils clear. Stir constantly. Let cool and stir in your fruit. Pour into prepared tart shells. (These may be made in muffin tins from pie crust mix, rolled very thin, or you can use the baker's tarts, freshened in the oven). Top the fruit mix with ¼ cup of cream which has been whipped. Garnish with toasted cocoanut, or slivered almonds, or a raspberry.

Iola Farrell (Mrs. J. M.)

DARK SECRET

Blend 1½ cups of sugar with 1½ cups of flour; 1 tsp. of baking powder, and 5 egg yolks. Add ½ pound of English Walnuts (chopped) and 1 pound of chopped dates. Flavor with 1 tsp. of Vanilla.. Fold in the stiffly beateen whites of eggs. Bake in sheet cake pan or in layers. Cool. Break into pieces. Mix with 1 pint of whipped cream. Refrigerate 24 hrs. To serve, garnish with whipped cream and cherry. Serves 20.

Mrs. J. W. McCauley, Salem, Virginia. Recipe by her daughter, Mrs. O. W. Clayton.

EMMA'S PINEAPPLE SHERBET

Bring to boil 2 cups of milk and 1 cup of sugar. Freeze to a soft mush. Beat. Add juice of 1 lemon and 1 cup of unsweetened pineapple juice. (Sometimes this may be varied by adding ½ cup of grated pineapple in place of ½ of the pineapple juice). This is absolutely delicious and very easily and quickly prepared.

Mrs. C. O. Steppe

PEPPERMINT ICE CREAM

½ pound of peppermint ice-cream dissolved in 1 cup of milk. Add 2 cups of lightly beaten cream. Freeze. Beautiful and good.

VANILLA MARLOW

Melt 30 marshmallows in ¾ cup of milk. Add 1½ cups of whipped cream. Freeze.

HOT FUDGE SAUCE FOR SUNDAES

2 squares of chocolate (or ⅜ cup cocoa)

½ cup Confectioner's sugar

1 cup of water. Pinch of salt. (Use very hot water). Add ¼ tsp. of butter if cocoa is used (and ½ tbls. of cocoa if used). Let come to a slow boil until well blended. Take up and add 1 tsp. vanilla. Serve hot over vanilla ice cream. Top this with chipped pecans and/or wh. cream.

CRUMBLE-CRUNCH ICE CREAM SAUCE

3 tbls. butter blended with 3 tbls. brown sugar. Add ¾ cup crumbled corn-flakes and ¾ cups of walnuts. Place in slow oven 15 minutes.

HOT BUTTERSCOTCH SAUCE FOR ICE CREAM

1½ cups brown sugar, 2 tbls. butter, ⅓ cup light Karo. Cook to soft-ball stage. Add ¾ cup evaporated milk after you take it from stove. Serve at once. Use nut garnish.

BANANA DATE ICE BOX PIE (Three Pies)

Use Sesame seed pie shell (regular pie crust in which sesame seed has been sprinkled before baking). Fill the shell ½ full with this date paste: 2 pounds of pitted dates; 1 pound of sugar; 1 cup of water. Cook about 10 minutes; cover this paste with a layer of thinly sliced bananas. Pour this hot mixture over the bananas: 4 cups of milk, 3 cups of granulated sugar, brought to a boil. Then slowly add ¾ cup of cornstarch blended with 10 eggs, a pinch of salt and vanilla to taste. Chill and serve with whipped cream topping. This makes 3 pies. Keep refrigerated until ready to serve.

Betty Phillips (Mrs. Frank)

FROZEN COFFEE PIE

Cook over low heat 1 cup of milk; 1 tbls. of Instant Coffee (or Sanka); and 16 marshmallows. When marshmallows are dissolved stir into this 1 slightly beaten egg yolk that has had a bit of the warm milk stirred into it first. Cook 1 minute, stirring constantly. Place in refrigerator until it thickens (but not set). Fold into this 1 cup of heavy cream, which has been whipped and flavored with ¼ tsp. Almond. Have prepared a **Chocolate Crust** made thus: Crumble enough Nabisco Chocolate Wafers to make 1⅓ cup. Blend this with 3 tbls. of soft butter or Oleo. Take out 3 tbls. of this and set aside. Then pack the rest into a 9″ pie pan, using the back of a tablespoon. Pack it around the edge to leave a slight rim above the pie. Bake 8 minutes at 375 degrees. Cool. Fill with 1st mixture. Sprinkle crumb mixture over the top. Garnish with whipped cream sprinkled with instant coffee.

Marion Hunter (Mrs. John Van Ness Hunter)

Pies

NEVER FAIL PIE CRUST

2 cups plain flour sifted, ¾ tsp. salt, ½ tsp. baking powder (OR 2 cups self-rising flour). ½ cup cold water. Fill the cup with shortening.

AUNTY'S CUSTARD PIE

Heat 4 cups of milk in double boiler. Add 4 beaten eggs, and 4 tbls. of sugar. As soon as it starts to thicken, flavor to taste, and pour into 2 unbaked crusts. Cook slowly to rich golden brown.

FRIED FRUIT PIES

Cook apples or peaches until well done. Sweeten to taste (depending on tartness of fruit. Spice lightly with cinnamon. Roll pie crust. Cut in circles size of a saucer. Cover one half with fruit. Fold over and indent with tines of fork around loose side. Fry in hot (but not too hot) cooking oil until lightly browned on each side. Take up on porous paper to drain. These are good hot or cold.

JEFF DAVIS PIE

½ cup butter, 1 cup sugar, 3 egg yolks, ¼ cup milk, 2 tbls. flour. Blend this batter well. Pour it over 1 cup of damson preserves on uncooked pie crust. Bake slowly. When almost done cover with meringue of the well beaten egg whites combined with 3 tbls. sugar.

MRS. LEE'S MINCE PIE

Have your mince meat made ahead of time from the following:

1 quart of pears minced or ground, 1 cup sugar (rounded); ½ lb. raisins, 1 cup nut meats; ¼ cup vinegar; ½ tsp. salt. Spice to taste. Cook until tender but crisp. Add scuppernong wine and butter when ready to use. Cook slowly, using two crusts. Pierce top crust for juice to escape.

LEMON PIE

Beat 3 whole eggs with 1 cup of sugar. Add juice of 1 lemon, pinch of salt and ½ stick of oleo or butter (melted). Pour in uncooked pastry shell in 9" pie pan. Cook at 325 degrees 35-45 minutes until it "sets". Not a fancy pie, but real yummy.

Margaret Ross (Mrs. Graeme)

LEMON CHESS PIE

Mix 2 cups sugar, ¼ cup butter, 4 eggs, ¼ cup milk; 1 tbls. flour; 1 tbls. corn meal; 4 tbls. lemon rind; ¼ cup lemon juice. When smoothly blended, make at 350 degrees 40 minutes.

Mrs. Dan F. Johnson

MY TWO WAY PIE

Combine ⅔ cup sugar, ¼ cup butter, ½ tsp. salt, 2 tbls. flour, 2 egg yolks and 1 cup of hot water. Cook in double boiler until thick. **This is a basic mix.** For **Lemon Pie,** add juoice of 1 lemon. Make meringue from whites combined with sugar. for **Chocolate Pie** omit lemon and use 2 squares of chocolate and 1 tsp. vanilla.

Mrs. Thompson Baird Pierce (Original)

CHESS PIE

½ stick butter; 1½ cups sugar; 4 eggs; 1 tbls. meal; juice of 2 lemons. Put in uncooked crust and bake until golden brown (350 degrees).

Dell Clontz

BEST LIME PIE IN THE WORLD

Dissolve 1 pkg. Lime Jello in 1 cup boiling water with 1 cup sugar. Cool until starting to get firm. Then have 1 large can of Carnation milk very, very cold. Beat it stiff. Add juice of 2 limes. Pour in cool, baked pie shell. Congeal. Make a meringue of whipped cream. Refrigerate until serving time. Makes 2 pies.

BALTIMORE CHESS PIE (Delicious)

1 cup of milk with 1 tbls. flour. 2 cups sugar, ¾ cup oleo; 3 eggs (separated) using yolks first, folding in whites last; 1 tsp. lemon flavoring. Bake at 400 degrees 10 minutes then reduce heat aand cook slowly until lightly browned.

Mrs. O. E. Culler, Baltimore, Md.

VINEGAR PIE

½ cup sugar; 2 tbls. butter; 1 egg; 3 tbls. flour; 2 tbls. vinegar, 1 cup water. ½ tsp. each cinnamon, ginger, and nutmeg.

MOLASSES PIE

Dissolve 1 tsp, soda in 1 cup sour milk. Add ¾ cup molasses, ½ cup brown sugar, 2 tbls. butter, ½ tsp. each cinnamon, ginger, nutmeg, and salt. Add ½ cup flour. Blend well. Pour into uncooked pie crust. Cook until firm. Cook slowly.

SWEET POTATO PIE

Boil yams until tender. Peel. Mash. Strain through sieve, to 1 cup mashed potato add ½ cup sugar, ½stick soft oleo, ½ cup sweet milk, ½ tsp. each cinnamon and nutmeg and yolks of 2 eggs. Put in unbaked pie crust and bake at 325 for 10 min. Then cover with meringue made of the 2 whites beaten stiffly with 4 tbls. sugar and ¼ tsp. cream of tartar. Bake until firm.

TRANS and PECAN PIE

This recipe was given to my uncle about 1880 by the cook at Bingham Military Institute. We have modernized it slightly.

1 stick of oleo; 1 box of light brown sugar; 3 eggs, vanilla 1 tsp. Bake slowly in thin crust.

Pecan Pie. To the above we add 1 cup chopped pecans.

LITTLE ACORN PECAN PIE

2 eggs; 2 tbls. butter; 1 cup each white and brown sugar; ½ cup milk; flour 1 tbls.; vanilla ½ tsp.; pecans 1 cup chopped.

(Miss Lucille Rogers, now Mrs. Wm. Cooper)

LUCILLE'S COCOANUT PIE

2 eggs, 2 cups white sugar, milk 2 cups, flour 2 tbls.; butter 2 tbls. Vanilla ½ tsp.; 1 small grated cocoanut. This makes 2 pies.

MERINGUE FOR PIES

3 egg whites, 6 tbls. sugar added gradually while beating stiffly. Cook at 300 degrees about 12-15 minutes.

MRS. HINSON'S LEMON PIE (1900)

Mix together the juice and grated peel of 1 lemon, 2 eggs (slightly beaten), 1 cup of sugar and butter the size of a walnut. Pour in 8" shell and bake at 300 degrees for about 45 minutes.

Mrs. Harrell Ritch (Mother's recipe)

MOLASSES CUSTARD

Blend 1 egg with 1 rounded tablespoonful of flour, 1 cup of sugar, ¼ cup of molasses (Grandma's is best) and a tsp. of vanilla. Make a meringue of 2 egg whites and 4 tbls. sugar beaten stiff.

Mrs. Harrell Ritch

"INDIGESTIBLE" CITRON PIE

Mrs. MacDowell, who gave me this recipe said, "It is the best pie you ever tasted, but so rich that I think a good name for it might be 'Indigestible Pie'". As Mrs. MacDowell, who was a former Home Economics teacher and Home Demonstration Agent, is one of the finest cooks in the South, I am sure this pie must be absolutely delicious and worth a trip to the soda box if necessary.

Blend 1 cup of sugar with ⅓ cup of butter (¼ if you use a substitute). Beat into this 1 large (or 2 small) eggs. Flavor with 1 tsp. of Vanilla. You may use 1 tsp. of flour and 2 tbls. of water if you wish a larger pie. Put this custard into a small pie crust made of biscuit dough and rolled very thin. This pie is too rich to be put into a pie-crust mix, for the richness of the crust and the custard will make a soggy bottom crust.

Grace Bradford MacDowell (Mrs. R. E.)
President Charlotte Chapter of the U.D.C.

OLD FASHIONED CUSTARD PIE

Blend 4 eggs, 1 cup of sweet milk, 1 cup of sugar, and ⅓ cup butter to smoothness. Use ½ tsp. of flavoring desired. Pour into uncooked pie crust and bake at 400 to set the fluids, then turn to 325 for slow thorough cooking.

Ruth Barr (Mrs. Frank W.)

GRANDMOTHER'S CHESS PIE

4 eggs, 2 cups of sugar, 1 cup of sweet milk, ¾ cup of butter. Use a dash of cinnamon for flavoring.

Ruth Gentry Barr (Mrs. F. W.)

The recipes that I prefer nowadays are those entitled "Never-fail", or "Fool-proof", or "Can't Miss". The next three pies bear just those enticing titles:

FOOL-PROOF LEMON PIE

Mix 2 tbls. each of cornstarch and plain flour with 1 cup of sugar and a dash of salt. To this slowly add 1½ cups of boiling water, stirring constantly. Cook in double boiler until thick. Then add the juice and grated rind of 2 lemons, yolks of 3 eggs (beaten slightly) and a tablespoonful of butter. Put in an unbaked pie crust. Cover with meringue made of the 3 stiffly beaten whites into which 6 tbls. of sugar has been gradually blended. Brown in medium slow oven.

CAN'T MISS PECAN PIE

½ cup of sugar and 1 cup of dark corn syrup cooked until thick. Pour this slowly over 3 well beaten eggs. Add 4 tbls. soft butter, 1 tsp. vanilla, and 1 cup of chopped pecan meats.

NEVER FAIL APPLE PIE

Slice 6 delicious apples very thin and put into unbaked pie-shell. Over them put a cup of sugar (less, if apples are sweet, more if they're tart), ½ cup of butter, a good sprinkling of nutmeg, cinnamon, and ginger. Adjust a top crust. Press sides down with fork tines. Dot top with tines, for juice to escape. Bake at 325 until thoroughly cooked.

CHOCOLATE PIE

Mix 2 tbls. of cocoa with 2 level tbls. of cornstarch, and 1 cup of sugar. Add 2 egg yolks, 1 cup of sugar and a few grains of salt. Cook in double boiler until thick. Place in raw crust. Cover with meringue made from the 2 whites and 4 tbls. of sugar beaten stiffly. Cook until brown.

COCOANUT CREAM PIE

1 cup of sugar; 5 tbls. flour, dash of salt; ¼ cup scalded milk. Blend all this, then add 1½ cups of scalded milk. Cook thick. Add 3 egg yolks. Cook 2 minutes over low heat, stirring constantly. Add 1 tsp. of vanilla and 1 cup of cocoanut. Cover with meringue.

BANANA PIE

Make just like the Cocoanut Cream Pie except add a layer of bananas onto the custard after it has been cooked. Use meringue.

Meats

COUNTRY CAPTAIN

1 broiler, or 2½ lb. fryer, boiled until tender. Cool, and cut into pieces. In the hot stock drop 1 diced green pepper and 1½ cups diced celery and cook until tender. There should be about 2 cups of this stock. To this add 1 can of mushroom soup and the chicken. Serve on large platter within a circle of rice that has been cooked fluffy and dry. Sprinkle entire mixture with raisins and slivered almonds. Both the chicken and the rice should be seasoned to taste.

Nettie Johnson (Mrs. Dan F.)

COQ AU VIN

Disjoint a -5 lb. roasting hen. Salt it and roll pieces in flour. Fry a light brown. Remove from pan. Pour off excess fat, and in the pan (with a little of the hot oil) put 1 clove of minced garlic, ½ lb. of small onions, diced; ¾ cup diced green pepper; a cup of thin carrot strips; dash of pepper and of salt; a 4 oz. can of sliced mushrooms, and 2 cups of red wine. Cook until tender. Then replace fried chicken pieces. Cover and simmer 2½ hours. Just before taking up, add ½ cup minced parsley, or use this as a garnish. Serve over rice.

Leona Mason (Mrs. Lawrence Mason)

MUSHROOM OVEN-BAKED CHICKEN

1 frying chicken, disjointed, rolled in seasoned flour. Put in buttered skillet. Lightly brown on both sides. Pour 1 can undiluted mushroom soup over this, and make in a slow oven (covered) about an hour, or until tender.

Elizabeth Green Wilmer

ONE-DISH MEAL BAKED CHICKEN

Split broiler (1½ lb.) chickens in half lengthwise. Season generously with white pepper, salt and a dash of thyme. Place meaty side up in baker. Place several thin slices of onion on each section. Then add carrots, chopped celery, beans sliced lengthwise, and a can of tomatoes. Sprinkle with seasoning. Bake at low temperature for about an hour. If it gets too dry, add water in order to have broth to ladle over chicken when serving. When vegetables are done, remove them and brown the chicken. Tiny new parsley potatoes are good with this dish.

Mrs. Elmer Hilker's original recipe

BARBECUED CHICKEN

Lightly brown a disjointed 2 lb. fryer that has been rolled in seasoned flour. Then over this pour either commercial barbecue, or make up one to taste of Worchestershire, Catsup, red-hot sauce, salt. pepper, vinegar, sugar, and garlic salt. Put in oven and let cook slowly until tender. Serve with Cole Slaw.

SOUTHERN FRIED CHICKEN

The smaller the fryer the better. Never use larger than a 2 lb. one. Disjoint by removing the wings, drumsticks, and wishbone. Then split down the back and make four pieces. In this way there is no back-bone as the top part of the back-bone goes in with the breast and the back goes with the thigh—making four good pieces. Salt and set in the refrigerator several hours, for the salt to thoroughly season the meat. Then take a small paper bag into which you put the flour and shake four pieces at the time in this. Have your pan lightly smoking with cooking oil. Drop the pieces in and dot each piece with a slice of oleo. Put in the oven, uncovered, and cook until the pieces are ready to turn (oven should be preheated to 350 degrees). Replace and let cook until it is brown and thoroughly done. Take up on porous paper to drain off grease. Then pour off excess grease, and sprinkle flour until it is brown and well blended. Pour milk in slowly, stirring constantly, until it is of right thickness. Season with salt and pepper to taste,

BRUNSWICK STEW

The Shenandoah Valley of Virginia is famous for this, and this is one of their best recipes:

Boil a 2 lb. fryer, and a tender, young squirrel until the meat falls from bones. Pick carefully. Take up into covered casserole. In the stock put 2 diced onions (these may be omitted if not desired); 2 cups fresh lima beans (Ford-hooks are best); 3 cups of fresh corn; 1 cup of sliced okra; 3 cups diced potatoes (use less, if desired); 4 cups finely chopped well ripened tomatoes (or 2 cans); 2 tsps. sugar. Cook on low heat 2 hours. Just before serving add ½ lb. of Oleo sliced into pieces ½" thick and rolled in flour, and ½ cup sherry. This is to be seasoned to taste with salt and pepper. Worchestershire sauce may be also added if desired. Although all true Brunswick Stew is made with squirrels, and the addition of chicken permitted, some like it made with rabbit. This is a coarser meat and does not make as good a stew as squirrels. But whatever meats are used, the well-cooked vegetables are added to the meats, and the whole simmered 10 minutes. Serve over toasted croutons, or over plain toast. If stew is too thin, it may be thickened with ½ cup finely crushed bread crumbs.

CROUTONS: Cut stale bread into thin strips. Remove crust. Spread with butter. Cut in cubes, and brown delicately in oven. These are good floating in soups, or used with Brunswick Stew.

ROUX

When frying chicken for a picnic, make a roux of the flour and frying pan drippings. Put in a small jar and store in refrigerator to make gravy with later. I always mash the liver into the gravy along with the tiny flaked scraps of flour. This is delicious.

GEORGIA COUNTRY CAPTAIN

Slice 2 onions very thin and halve 2 cloves of garlic. Saute these in ½ cup of salad oil. Remove and in the hot oil put a 3½ lb. fryer that has been cut up and shaken in a bag with flour, salt, and pepper. Brown chicken on both sides. Then add the garlic, onions, ½ cup of chopped celery; 1 green pepper, diced; 1 tbls. curry powder, and a large (#2½) can of tomatoes. Simmer about 2 hours. Cook 1 cup of rice dry and flaky. Add ¼ cup of currants, and ⅓ cup of slivered almonds that have been browned in 2 tbls. of butter. In serving arrange chicken at one end of large plaatter, rice at other end, and sprinkle with almonds and parsley.

Betty Phillips (Mrs. W. F.)

HOPPIN' JOHN #2

Agnes Guerry Martin, who has recently moved to Charlotte from Albuquerque, New Mexico, brings this recipe with the comment, "Not a single New Year's Day has gone by, in generations, that this "Hoppin' John" was not served to my family. It's delicious."

Put ¼ lb. of salt pork to boil in a large pot with 3-4 quarts of water. In this put 4 cups of black-eyed peas (dried), that have been carefully washed and "picked." Cook until the peas are tender and only a small amount of water left on them. Have prepared 2 cups of long-grain rice that has been cooked dry and fluffy. Stir this into the peas. Season with butter (2 tbls.), salt and pepper to taste. Simmer 15 minutes. Serve over slices of cooked ham.

Mrs. Monroe W. Martin

KENTUCKY BURGOO

This widely-known stew is served on Derby Day, at Political Rallies and other outdoor events. According to tradition it was first made by Morgan's men during the War between the States. As they were cut off from their supply base, raiders were sent searching for supplies. When they returned all their vegetables and meats were prepared and thrown into the 500 gallon kettle used for making gun powder. And into this "mess of pottage" was added a mysterious seasoning supplied by a French hanger-on of the ranks. Carey's Dictionary of Double derivations defines Burgoo as "a soup of many vegetables and meats . . . delicately blended in a huge caldron; and over which at the right moment is suspended by a yarn thread a rabbit's foot, waved by a colored preacher whose salary has been paid to date. This is the lucky omen for good burgoo!" It is said that the pot used by Morgan was handed down until it became the property of Mr. J. T. Looney of Lexington, Ky., properly labeled "Burgoo King of the World". His recipe begins "Take 800 lbs. of soup meat . . ."

CHICKEN SALAD

2 cups diced stewed chicken, firmly packed. Over this pour ¼ cup French Dressing. Cover tightly and refrigerate 2-3 hours to marinate. Just before serving time, drain off the French Dressing and add 2 tablespoonfuls of capers, 3 chopped hard-boiled eggs, and 1 cup of diced celery. Toss lightly. Serve on lettuce, garnished with a lot of mayonnaise, slices of egg, capers, or pickles.

Esther Smith (Mrs. W. Hill Smith)

Family Burgoo

Into a large vessel drop a large beef soup bone, 1 lb. each of pork, veal, and lamb, and a 4 lb. hen. Cook thoroughly. Remove meat. Shred and set aside in covered casserole. Into the stock place 2 each onions, potatoes, and carrots (diced); and 2 each cups of corn, tomatoes, and lima beans, 2 green peppers, diced. Cook thoroughly. Season to taste with salt, red and black pepper, and Worchestershire Sauce. As in all good stews, the trick to its being "special" is in the seasonings. Onion, or garlic salt, or various spices may be experimented with in a saucer-full of the stew until you get the right taste for your own liking. The addition of squirrel to the stew is good. And some like grated cabbage (1 cup). In a true Burgoo, no thickening is permitted, and no sweet vegetables are ever used. The broth is strained and served clear in boullion cups.

CHICKEN PIE, OR CHICKEN AND DUMPLINGS

Use recipe for pie crust or dumpling mix. Stew a 4 lb. hen slowly in seasoned water until well done. Take up the hen. Cool. As this is too much for a small family in one meal, we slice the breast and wrap it for sandwiches and cold cut platters. There will still be part of it that is too hunky to slice. This with the wing and meat from top of the back will give sufficient white meat. Skin the fowl (if you need to use the skin, run it thru the finest blades of the food chopper). The rest of the meat should be stripped from the bones. Place in covered casserole and set aside. Into the stock put the pie pastry, which has been rolled thin and cut into strips. Cook, without stirring (shake the pot occasionally). Into a baking dish lined with pie crust pour the chicken and dumplings. Cover with crust. Pierce it. Dot with butter. Season the stew to taste. If it is desired to use simply as chicken and dumplings pour it together into serving bowl and sprinkle with paprika.

COUNTRY OYSTERS (CHIT'LINS)

These may be bought at Southern Meat Counters. Wash thoroughly and soak in hot, salty water. Drain. Cook in water that has been seasoned with salt, pepper, cloves, and red pepper. When tender, drain. Cut into squares. Dip in slightly beaten egg, then in cracker-dust. Fry. Serve hot.

BAKED PORK CHOPS

6 one inch chops (or thicker) sprinkled with salt and pepper. Brown in hot fat, on both sides. Have ready the following: 6 slices of bread moistened in water, to which has been added ½ cup diced celery and 1 medium onion diced. Put this on top of each chop. Place in baking dish and cook in 350 degree oven for 1 hour.

Dorothy Furman (Mrs. C. M.)

LIVER CREOLE

1 lb. sliced veal liver; 2 diced onions; 1 pod garlic, parsley and green onion tops. Remove thin skin of liver edges and slit to keep from curling, season with salt, pepper, and dash of cayenne. Dip into flour and drop into smoking fat. Brown on both sides. Add onion, garlic, parsley, green onion tops and a few drops of vinegar to each slice. Cover and cook slowly until all is done. Add few spoons of water if needed to prevent sticking. Delicious with grits or mashed potatoes.

Hilda Hambley (Mrs. Gilbert)

TAMALE PIE

Brown together: ½ cup salad oil, 1 medium onion, diced; 1 clove of diced garlic; 1 lb. ground beef. Then mix together 1 can creamed-style corn, 1 can mushroom soup; 1 tbls. chili powder, and a can of tomato soup. Combine the above and add 1 cup cornmeal mixed with a beaten egg and ½ cup evaporated milk. Add 1 cup chopped ripe olives and bake at 350 degrees ½ to 1 hour. Just before taking up grate American Cheese thickly over the top.

Elizabeth G. Wilmer (Mrs. W. A.)

SAUCE FOR MEAT LOAF

Simmer 1 small, diced, onion and 1 diced bell pepper until tender. Pour over this a can of tomato soup. When Meat Loaf is done, drain off grease from around it. Pour this sauce over it and simmer 20 min.

Catherine Hilker (Mrs. Elmer)

OVENBERGERS

Mix 1 lb. ground beef with ¼ lb. cured American Cheese and 1 can of Tomato Sauce. Season with salt and pepper to taste. (Garlic or onion salt may be sprinkled into this if desired). Make into "sloppy" patties and place a thick patty inside 12 hamburger buns. Wrap in tinfoil. Bake 1 hour. These are delicious for a picnic with dill pickle, cole slaw, and potato chips.

"Marge" Woodworth (Mrs. F. B.)

ANN'S GOULASH

Cook 1 box of wide noodles in boiling, salted water until done. Drain. Place in large mixing bowl. Saute 4 onions and 1 diced, green pepper in Wesson oil until done. Drain on porous paper. Saute meat until slightly brown. Combine all ingredients. Add a can of mushroom pieces and stems and 2 cans Tomato Puree. Season highly with salt, black and red pepper, Worchestershire, A-1 Sauce, oregano, dash of tabasco. Put in flat casserole (2" deep). Cover with thin slices of cheese. Bake at 375 degrees until cheese is melted. Garnish with sliced stuffed olives. May be frozen and used when convenient.

Mrs. Phillip Williams

FLORA'S VEAL STEW

Dice 2 large green peppers and 1 large green onion in 3 tbls. cooking fat. Season with 1 tbls. paprika and ½ tsp. salt. Add 2 lbs. veal shank cut into strips. Cover and cook at low heat about an hour until veal is well done. If necessary add a small amount of water. Thicken gravy slightly with corn starch. Serve with noodles, rice, or creamed, mashed potatoes.

Mrs. Z. C. Hubay

VENISON STEW

½ lb. salt pork, diced; 3 small onions, whole; 2 lbs. of Venison; 1 disjointed rabbit and 1 squirrel. Boil at low heat for 3 hours in 2 qts. of water (more may be added if necessary). Then take up the meat and remove the bones from the rabbit and squirrel. If Venison was not diced previously, do so now. Cover and set aside. Into the stock put 1 cup soaked, dried, lima beans, and 1 cup each of peas, corn and tomatoes. Add ¼ cup rice. Just before it is done put the meat back into the pot. Simmer until you can't wait. Add 1 cup of catsup and serve.

Mrs. Henry Swanzey

QUAIL ON TOAST or ROAST PARTRIDGE

Let birds hang head down in a cool place for at least 24 hours before dressing them. Then you may either pluck them as a fowl, or skin them. I prefer the latter. Pick them for bits of crushed bone or for bullets. Roll in seasoned flour, or salt the birds and let them stay in refrigerator several hours to "take" the salt. Pop them into a heavy skillet in which cooking oil is lightly smoking. Dot the tops of each bird with oleo. As soon as browned lightly on one side, turn them, and put them in a 325 oven with a lid on the pan to steam and bake thoroughly. When you take them up, pour off excess oil, and sprinkle flour in pan. Make a rich gravy well sprinkled with black pepper. Put birds back in pan and replace lids. Back into the stove they go for about 2 minutes. Then out again and served on thick, brown, buttered toast—smoking hot. This is an ideal Saturday or Sunday morning breakfast dish, when nothing else is served except tomato juice and hot coffee and there is leisure to enjoy them. It is better than serving for dinner or lunch with other foods which destroy the sweet, lingering flavor of the birds.

POMPEY HEAD

In North Carolina we have many Deer, and recipes for various ways of fixing this delicious meat practically always end up with this way of serving hash. The hash is moulded into a mound over which seasoned butter is poured. When it is cooked through and well browned slide it off onto a platter. Pour this Sour Cream Sauce over it. 2 tbls. oleo into which 2 tbls. of flour has been blended. On this pour a cup half full of vinegar and half full of water. Cook until thick—stir constantly. Take it up and beat the yolk of an egg into it. Then fold in a cup of sour cream, lightly whipped. Garnish this dish with parsley, and put corn, or potato fritters around the Pompey's Head.

NASHVILLE SPICED ROUND OF BEEF

This dish originated in Nashville, Tenn., varying from the English round and making it truly belong to Tennessee. It can be bought at any butcher shop there; and is often baked and sent to friends in other places as a Christmas Gift. It is made from the hind-quarter of the round of beef. Holes are punched into this and into the hole is inserted bacon strips that have been heavily sprinkled with favorite spices and rolled up tightly. It is then placed in brine where it remains until ready to be brought out, soaked and roasted. This is good either hot or cold, and is an attractive dish for holidays. I generally make it jjust as I'm ready to use it—omitting the brining but letting it take salt over night. The hole can be made with an ice-pick and then enlarged. And the spice I like best are all-spice, ginger, mace, and a tiny bit of cloves.

SCRAPPLE

This is exactly what the name implies. When the meat has been cut from hog shoulders, jowls, etc. for sausage making, the bones are thrown into a large pot and boiled. The scraps of meat that fall from them is put into a pot with sufficient skimmed broth (about 2 qts.) which is highly seasoned with salt and pepper. Into this is stirred 2 cups of plain corn meal. Stir constantly until it becomes a thick mush. Season with sage and onion salt. Pour into enamel pans (rinsed in cold water). Let stand until it becomes firm. This is kept to fry in slices in a hot skillet for breakfast or for light suppers.

HOPPIN' JOHN

When I went to Virginia as a bride, I thought blending rice and peas would be a most ungodly mixture, but found it so delicious that it is a joy to pass along the recipe. First the rice must be cooked dry—so that every grain stands up firm and white as popcorn. Then your sweet Crowder peas must have been cooked with a piece of home-made bacon (streak o' lean). The peas must then be shaken in a sieve so they too are dry. Put oleo in a heavy skillet. Let it start smoking, then plop the peas and rice into the pan. Start lightly—tossing the two into a blend. Cover. Turn to low. When thoroughly hot throughout, take them up and serve with sliced tomatoes and peppers, cornbread and buttermilk. (Onions, too, if you like).

RABBIT, OR SQUIRREL, FRIED

Young animals are the best for this. Disjjoint. Salt—and let stand to thoroughly season. Shake in a bag with a cup, or more, of flour—as you would chicken to be fried. Drop into smoking fat and fry brown on both sides. Then put a lid on the skillet and cook in the stove at 325 long enough for the meat to plump-up and be cooked well done but not tough nor stringy.

POT LIKKER

This, of course, is simply the juice from the pot in which vegetables have been cooked, I use a minimum of water on my vegetables, so the average pot has only about a cup or two of pot liquor. It naturally contains the good, rich vitamins that have boiled from the vegetables. Skim off any excess grease from the cup. Serve in boullion cups with corn-bread. Beans, turnip-salad, cabbage, and collards have nice liquor.

SMITHFIELD HAM

This is a traditional Virginia cured ham, which is placed in a large wooden box completely covered with fine salt and finely ground salt-peter (5 oz. to 100 lbs. meat) for 3 days. Then re-salted and let stay 1 day for each pound (a 10 lb. ham staying 10 days). They are then hung in a smoke-house and smoked with hickory smoke for a month, and then peppered strongly and bagged. However this is the method I use and prefer: Get small hams—none over 10 lbs.—when freshly killed. I buy 8-10 from the abattoir in the Fall, when the farmers bring their pigs in for slaughter These I place in large wooden boxes thoroughly lined with salt, none touching and over them I sprinkle brown sugar and salt in a sugar 1 pt. to salt 4 pts. proportion. They are thoroughly covered taking care that no part on sides is left untouched. Then I place them in a cool place for 4-6 weeks, depending on the weather and the size of the hams. Then I take them up, wash them, and sprinkle heavily with No-Skipper compound, wrap them in heavy paper, put them in bags (stuffed about with straw, if I have it) and hang them in my attic. When I am ready to use them, I wash them, cut them in half and wrap the hock end in tin-foil to bake slowly until it is done. Then skin it—cut lightly diagonally across the fat. Pat brown sugar in this. Dot with cloves. Brown. The time depends again on the size of the ham. I use the other part for making ham biscuits, or for frying and serving with the rich, red "T'bacco-spit gravy" and serve with hominy grits.

'POSSUM AND 'TATERS

This was used a great deal in the South during the War between the States. All other meats had been stolen, and the potatoes were one of the few crops that were easily grown without fertilizer and a minimum of care. Now this dish is found only on the tables of colored people or a few of the hardier souls who can stand this rich, greasy meat. The 'possum may be scalded (like a hog) and the hair scraped off; or it can be skinned, which is perhaps better. Old timers left the head and tail on it. Nowadays it is cut up into pieces. Salt overnight. Bake it, with plenty of water in the pan until it is tender. Pour off the grease, leave uncovered, and brown. Serve on large platter with small, whole sweet potatoes that have either been baked or boiled, and peeled, placed around the 'possum.

LIVER PUDDING

At hog-killing times on the Plantations and farms of the South, this is a favorite dish. Use 1 medium sized liver of rather small hog. Boil slowly in well seasoned water. Take up, grind together with an onion or two (according to taste) and several cups of old bread crumbs. Bake and serve hot. Or it can be served cold in thin slices.

ROAST DUCK

Our 1817 Cook Book has good basic directions thus: After ducks are drawn, wipe out inside with clean cloth, and prepare your stuffing. Mince some fine sage leaves and twice their quantity of onions. Add salt, pepper, and butter. Reserve giblets for the gravy. Then the author goes on to give directions for "Putting them on the spit before a brisk fire". However we advise stuffing the ducks with a bread-crumb dressing highly flavored with poultry-seasoning, an egg, ½ cup chopped celery and ⅓ cup minced onion. Roast as you would a hen. Baste. Time of cooking depends on the age of the duck. Try the flesh with the tine of a salad fork for tenderness. Serve mint jelly with it.

ROAST GOOSE, PHEASANT, OR GUINEA

The rules are the same. Let stand overnight salted inside and out in the refrigerator. Stuff with a good bread stuffing made of part cornbread and part flour-bread, seasoned with poultry seasoning and chopped parsley, onions, and celery. Stuff. Wrap in heavy-duty tinfoil. Bake slowly for a long time in a slow oven. Serve hot.

MEATS — SEAFOOD

BOUILLABAISSE (Sea-food Hodge-Podge)

Part I: Saute ½ cup each chopped green pepper and celery (a large onion may be added to this if the taste desires) in oleo until tender. Then add I can plain tomato soup, undiluted; 1 pound of shrimp that has been cooked in seafood seasonings, cooled, shelled, de-veined, and chopped; 1 lb. chopped lobster meat; 1 can mushroom soup, ½ cup sherry. Simmer 30 minutes.

Part II: Into a pot of boiling water put 1 lb. scallops, and 2 lbs. of fillet of fish. Turn heat to low and simmer about 15-20 minutes. Drain off water, and place fish and scallops on large platter. Pour Part #1 over this and serve on toast slices.

BAKED OYSTERS

Line baking dish with buttered bread crumbs. Add 1 pint oysters. Cover top with crumbs. Pour milk over this. Dot with butter and sprinkle cheese over it. Salt and pepper to taste.

Mrs. Henry Swanzey

BEAUFORT SHRIMP AND CORN PIE

Add 2 lightly beaten eggs to 2 cups of corn, 1 tbls. butter, ½ cup of milk; and 1 cup of cooked shrimp. Then add 1 tsp. Worchestershire sauce, salt and pepper to taste. Bake in shallow pan 20 min. at 350.

Mrs. Grady Ross

CHARLESTON CRAB BISQUE

Melt 3 tbls. butter and blend in 3 tbls. flour. Add 1 qt. milk. Cook slowly, stirring constantly. Add ½ tsp. salt and ⅛ tsp. pepper. Let come to a boil. Add ½ lb. fresh Crab meat (canned may be used); 1 tbls. Worchestershire Sauce and 3 tbls. Sherry. Serve in boullion cups, and add a dab of whipped cream on each cup. Sprinkle with Paprika.

Mrs. Grady Ross

TIDE WATER DEVILLED CRABS

Mix together in a bowl ½ lb. Crab Meat; 1 cup fine bread crumbs; 1 tbls. mayonnaise; 2 tbls. Durkees Dressing; a dash of Worchestershire sauce and one of red pepper; 2 tbls. butter; 1 tbls. each minced parsley and green pepper. Either bake in a casserole or in buttered Crab shells. Dot with buttered bread crumbs. Make at 350 for 20 min.

Mrs. Thompson Baird Pierce

FRIED FROG LEGS

Let the dressed and skinned leggs stand in the refrigerator, well salted for 6-8 hours before cooking. Roll in flour that has been well sifted with salt and pepper in it. Drop into lightly smoking cooking oil and brown well on both sides. The legs will twitch and jump in the pan so they must not be too crowded. When they're done dab with butter and serve with a small wedge of lemon.

PINEBARK FISH STEW

Fry ½ lb. sliced fat-back until crisp. Remove. Saute 6 chopped onions in smoking fat. Add can (medium size) of tomatoes. 2-3 bottles of catsup, salt and pepper to taste. Simmer until well cooked. Drop in in small (½ lb.) fish, allowing one to a person. Simmer or cook over low heat in order to not break the fish. Serve on toasted bread, or rice.

Mrs. Herman Cline

NEW ORLEANS CRAB STEW

1 can of Pepper-pot soup
1 can of Gumbo soup
1 can of best Crab meat (large can)
1 large can of Carnation Milk

Combine all. Do not dilute. Put in double boiler. Heat to serving temperature. Be sure to not let it come to a boil, and to not let it "sit" after it has been heated. It must be eaten immediately. This serves 6. It is a complete meal if serveed with garlic bread, melba toast, or crackers; a tossed salad, a dessert, and coffee.

Carlie Holloman (Mrs. Lewis)

SHRIMP PIE #2

Crumble 4 slices of toast into 2 cups of rich milk (half and half); add 2 slightly beaten eggs, a pound of halved shrimp and a can of mushrooms. Season with 5 tbls. butter, ½ tsp. salt, ⅛ tsp. black pepper, and a dash of cayenne. Three tbls. of Sherry adds piquancy; and a tsp. of grated onion may be used if desired.

Marie Cline (Mrs. Herman)

SHRIMP PIE #3

Combine 1 cup each of finely chopped celery, cheese, onion and peppers with a pound of shrimp. Season with ½ cup of Worchestershire, and ½ cup of tomato catsup. Add a cup, or more, of cream sauce. Bake slowly (325) for an hour, or until the celery and peppers are well cooked. This is a one-dish meal. Serve with coffee and Garlic bread.

GARLIC BREAD: Slice a loaf of bread lengthwise twice. Thoroughly coat both sides with soft butter. Sprinkle with garlic salt. Wrap in tinfoil and return to oven to heat through. Serve hot. The partially cooked loaves that have been sprinkled with sesame seed are best for this.

"ANOTHER" SHRIMP PIE

Place a layer of shrimp in a casserole. Cover with a layer of crushed crackers, then a layer of (undiluted) mushroom soup, dot with butter, and sprinkle with a few slivered almonds. Repeat this until your casserole is full. Let the top layer be the finely crushed crumbs, dotted with butter and sprinkled with paprika. Let it stay in the stove only long enough to thoroughly heat, and serve at once.

JAMBALAYA

Put ¼ cup salad oil in heavy skillet. Add 1 cup uncooked rice, ¼ cup chopped onion; ½ cup chopped green pepper; and ¼ cup chopped celery. Cook over medium heat about 15 min. Add ⅛ tsp. black pepper; a dash of cayenne; a bay leaf; 2 beef bouillon cubes and 2 cups of boiling water. Blend. Cover. Bring to a boil and cook slowly until rice is tender (about 20 min.). Add 1 can Crab Meat (7½ oz.) OR a can of Shrimp, and 2 cups of diced ham.

Elizabeth Green Wilmer

SHRIMPANNA

(This recipe came from Scottsboro, Alabama, where it is a favorite).

1 pkg. Gelatine dissolved in ½ cup cold water. Add 1½ cups hot Chicken broth. (This can be made from Bouillon cubes, if you have no broth). Add 2 tbls. lemon juice. ¾ lb. fresh shrimp, deveined and chopped and marinated in french dressing. Drain. Add 2 cups diced cucumbers, ½ cup diced Gruyere Cheese. When beginning to set add ½ cup mayonnaise. Sprinkle a dash of Paprika and one of Cayenne in this (you may grate a small onion into it and add diced pickles if desired). Set in refrigerator to harden and serve on lettuce.

(Mrs. Laurence Brown's recipe, given by Mrs. T. B. Snodgress)

SALMON SALAD

1 tbls. gelatine soaked in ½ cup cold water. Add 1 can of Salmon (or tuna) 2 chopped hard-boiled eggs, ½ cup chopped celery. Nuts, pickles and olives may be chopped and added, or used as garnishing.

BOILED DRESSING: In double boiler put 1½ tbls. melted butter; ¾ cup milk; 2 egg yolks, slightly beaten; ½ tsp. salt; 2 tbls. vinegar or lemon juice and a dash of cayenne. Cook until it thickens. Combine the dressing and the Salmon (or Tuna) mixture and mold. Dot with mayonnaise sprinkled with onion salt.

Mrs. Basil Boyd

TUNA MOLD

One envelope Knox Gelatine made into basic mix from directions on env. Let stand in refrigerator until slightly thickened. Then fold in 1 sq. cream cheese blended with ½ cup mayonnaise. Add I can light Tuna, flaked; ½ cup each chopped celery and pickles; 1 small diced onion; ½ tsp. salt; ¼ oz. package slivered almonds. Place an olive in bottom of each mold. Congeal in 10 dishes.

Catherine Hilker's original recipe

TURTLE SOUP

3 tbls. cooking lard in heavy skillet; add 1 lb. turtle meat. Fry brown. Sprinkle in 3 tbls. flour and stir into a brown roux; add 1 large onion, chopped fine, and a small pod of garlic. Cook slowly until tender. Add small can of tomatoes, and cook 15 min., stirring constantly. Add 2 cups boiling water, 2 sprigs of thyme, 2 cloves chopped, a sprinkle of allspice, nutmeg, salt, and pepper. When ready to serve, add ½ cup of sherry. Garnish with chopped hard-boiled eggs, parsley, and lemon.

Mrs. Gilbert Hambley

Casseroles

SCALLOPED ASPARAGUS

1 number 2 can of "All green" asparagus tips. 1 cup of Corn-flakes (or potato chips) crumbled. Use this alternately in the casserole with a white sauce made thus: ¼ stick of butter; 1 cup of milk; 1 cup of grated cheese. Sprinkle ½ cup of almonds throughout the casserole. Top with crumbled flakes or chips. Sprinkle with dots of butter.

Marion Hunter (Mrs. John Van Ness Hunter)

SPAGHETTI CASSEROLE

Over your cooked elbow, or sea-shell macaroni or your spaghetti use this sauce:

Sudie's Spaghetti Sauce

½ lb. of bacon fried crisp and taken up on a napkin to drain. In the bacon fat saute 2 cups of celery; 1 cup chopped onion; 1 chopped green pepper. This will take about 5 minutes. Take up in sieve, then onto absorbent paper. In the fat brown 1 lb. of ground round beef, season with 2 tsp. salt; ¼ tsp. pepper; 1 tbls. Worchestershire sauce; ¼ tsp. of tabasco sauce. Then combine all ingredients with 1 large can of tomatoes. Cook and simmer 30-60 minutes. Sprinkle with the crumbled bacon. This sauce may be thickened to your liking with the right amount of flour. Some like it thicker than others. It makes a delicious dish.

Sudie Thomas (Mrs. Foster E. Thomas)

BAKED GRITS CASSEROLE

1½ cups Jim Dandy Grits cooked in salt water. When done stir in 1½ sticks of Oleo; 1 pound of medium sharp cheese (grated), 3 eggs; 1 teaspoonful of Worchestershire sauce; 1 tsp. salt; and 1 tsp. of paprika. Bake in Casserole until well done. This makes a fine dish for "Supper-after-the-game". It can be cut down by ⅓ for a small family supper dish. But it is GOOD.

Incidentally Jim Dandy Grits taste exactly like good old-fashioned grits. It is even better than cornbread to use in turkey or chicken dressing combined with the flour bread. It is also a fine thickener for soups. And Baked Grits with cold milk is the best-of-all Sunday night supper dish!

MACARONI CASSEROLE

Macaroni, 1 small package. cooked in salted water. Set aside. Put 2 tbls. cooking oil in skillet and put 1½ lbs. of ground beef that has been rolled into balls in the hot fat to brown thoroughly on both sides. Remove. In same fat put 1 large, diced onion and 1 cup of diced celery. Cook tender. Add 1 pint (or #2 can) of tomatoes and ¼ lb. American Cheese. Place meat balls in bottom of baking dish. Then add alternate layers of macaroni and sauce. Sprinkle grated cheese over the top of casserole in last 10 minutes of baking. Bake 45 minutes in 400 degree oven.

Mary Lou Niven (Mrs. H. D.)

RICE CASSEROLE

Saute 1 minced onion in butter until transparent. Add 1 cup of sliced mushrooms. Cook slightly. Add 1 cup rice (Uncle Ben's) and stir until golden. (More butter may be added.) Brown in butter slivered almonds about ¾ cup. Add this, with 1 can clear Chicken broth (I use "College Inn" brand). Stir and cook a few minutes. Cook in double boiler an hour. Put in Casserole and brown. Dot with butter.

Lucille Bevis (Mrs. J. E.)

CREAMED ASPARAGUS

One #2 can of asparagus (or 2 lbs. of green asparagus cooked). Drain the asparagus and place ½ of it in a greased baking dish already lined with a layer of bread crumbs. Cover with a layer of sliced hard-boiled eggs. Sprinkle with ½ cup of almonds, and a little salt. Cover with this hot sauce: 2 tbls. butter, 2 tbls. flour, ¼ tsp. salt, and 1 cup of hot milk. Blend and cook smoothly. Sprinkle with bread crumbs and build another layer: asparagus, eggs, almonds, and white sauce, and bread crumbs dotted with butter. Bake a light golden brown.

Mrs. E. A. Anderson, President, North Carolina Division, U.D.C

EGGS EN CASSEROLE

This is fine for Sunday Brunch when a large group is expected. Hard boil 30 eggs. Peel. Cut in half the round way. Put in layers in a large casserole using this cream sauce between layers and on top: ½ lb. butter melted and into which is blended a scant cup of flour, 2 tsp. dry mustard; 1 tsp. black pepper and 1½ tsp. salt. Slowly add 4 cups of milk, stirring constantly until it thickens. Bake at 400 degrees just long enough for sauce to bubble and brown lightly.

Anne Pollard Williams

ONION CASSEROLE

To 2 cans of tiny white onions add 1 can of Cream of Mushroom soup and a cup of slivered almonds. Brown lightly. Serve on toast tid-bits. This is delicious.

Leona Mason (Mrs. Lawrence)

ASPARAGUS-CHEESE-MUSHROOM CASSEROLE

On bottom of casserole put a thick crumbled lining of Cheese Ritz Crackers. Then alternate layers of asparagus pieces, cream of mushroom soup (undiluted), and almonds (slivered). Top it with a layer of the Cheese Ritz. This is a "come and try again" recipe. Always serve it piping hot, and make plenty for seconds.

BEAN CASSEROLE

Use a large can of french-style beans. Alternate this in casserole with Cream of Asparagus (OR Cream of Mushroom) soup. Dump a can of crisp onion rings (french-fried) on top. Brown lightly. Serve hot.

SQUASH CASSEROLE (CYMBLINGS)

Boil and mash your squash. Season to taste with salt and pepper. Put it in a casserole along with minced onion and bread crumbs. Sprinkle top with buttered crumbs and sharp cheese grated.

SHRIMP CASSEROLE

1 large can of Spanish Rice. 3 small cans of shrimp. Dot with butter. Serve with toasted french bread.

TOMATO CASSEROLE

Stew tomatoes lightly until almost tender. Season with salt and a dash of cayenne. Mash crushed bread crumbs into this to firmness. Add (for ordinary sized casserole) 1 tsp. minced onions, ⅓ stick of oleo and ⅓ each cups of finely chopped celery and green pepper. Put in casserole. Cover top with buttered bread crumbs and brown to a rich toast-tan.

SWEET POTATO CASSEROLE

Boil, peel, and mash fine 4 cups of sweet potatoes (yams). Add a cup of brown sugar, a stick of butter, 2 slightly beaten eggs, and a cup of milk. Blend. Season with a dash of salt and ½ tsp. each of nutmeg and cinnamon. Put in casserole. Cover thickly with marshmallows, well pressed down. Put in very slow oven (250) until the casserole is thoroughly heated and the marshmallows are little fat, puffs of creamy tan.

Sea-food Casseroles are under the heading of Sea-foods

ASPARAGUS CASSEROLE

1 large can of asparagus

¾ cup grated cheese

½ cup chopped almonds

Make a rich cream sauce, about 2 cups, not too thick. Put juice of one lemon in cream sauce. Then put in shallow pyrex dish one layer of asparagus, then half of the cheese, then half of the cream sauce. Another layer of asparagus, cheese and cream sauce. Sprinkle almonds over top and bake about 30 minutes. Heat 450 degrees.

Mrs. Leone B. Newell, Honorary President General U.D.C.

Salads

AVOCADO SALAD

Dissolve 1 package of Lime Jello in a cup of hot water. Let congeal to a heavy mush stage. Then add 1 cup of Celery, diced and a cup of mashed Avocado. To this add ½ cup of mayonnaise and a package of warm Philadelphia Cream Cheese. Garnish with cherry. This is not only a decorative salad, but is a "Give me the recipe" kind.

Emma G. Steppe (Mrs. Clarence)

SEA DREAM SALAD

Dissolve a package of lime or lemon jello in a cup of hot water To this add 1 cup grated cucumber, 1 tbls. vinegar, 1 tsp. onion grated fine and a dash of cayenne and salt.

OCTOBER SALAD

Grind a bunch of scraped carrots and 2 lemons through the coarse grinder of food chopper. Season with ½ cup of sugar and a tsp. of salt. Let set several hours to season.

(Recipe given by Miss Flora MacDonald of Carthage, N. C. Excellent)

ETHEL'S SALAD

1 large can of fruit cocktail, 1 cup of salad dressing, 1 cup of whipping cream—beaten slightly. Freeze. Serve with saltines.

(Recipe given by Mrs. Chas. MacDonald of Carthage, N. C.)

SASSY SLAW

Chop cabbage very fine (about 3 cups). Use 1 medium onion diced fine. Cook 3 slices of bacon crisp. Take bacon up on porous paper to drain. Into the pan of grease put ¼ cup of vinegar, and ¼ cup of water with a level tbls. sugar dissolved in it. Bring this to a boil and pour it over the slaw. Season to taste. Crumble the bacon over the top.

Margaret Ross (Mrs. Graeme Ross)

APPETIZER DIP

Mix 1 can of mashed Tuna Fish with 1 cup of Mayonnaise and a cup of Artichoke Relish. Use this as a dip for Crackers, Potato Chips or Potato Crackers.

Mrs. William Lester Brooks, Sr.

FROSTY PEACH SALAD

1 large can of peach slices, diced. Add two 3 oz. pkgs. of cream cheese, 2 tbls. fresh lemon juice, ½ cup of mayonnaise and a dash of salt. Then add 1 cup of canned cranberry sauce and mix thoroughly. Whip ½ cup of cream and fold into this. Stir in ½ cup chopped nuts. Put in tray of refrigerator. Turn dial to lowest temperature and freeze until firm. Remove. Cut into squares. Serve on lettuce. 8-10 servings.

Johnnie Horn (Mrs. P. W.)

GRAPEFRUIT SALAD

4-6 grapefruit, halved. Remove sections, saving the juice. Cut "teeth" into the grapefruit halves. Heat 3 cups of juice and into this dissolve 1 pkg. of gelatine and 2 pkgs. of lemon jello. Have 2 pkgs. of Cream Cheese at room temperature. Beat this into ½ of the gelatine-juice mixture. Add ½ cup of mayonnaise and a pinch of salt. Beat this mixture with the electric mixer until thoroughly blended and smooth. Then add the other half of the gelatine-juice mixture. Blend. Toss the drained grapefruit sections (about 2 cups) into this. Replace in grapefruit shells. Congeal. Serve on lettuce, garnished with cherries.

Sarah Austin Rudisill (Mrs. J. B.)

LAYERED TOMATO ASPIC

2 cups of sieved Cottage Cheese blended with ⅓ cup minced chives, 1 tsp. of salt, and ⅛ tsp. of paprika. In another bowl dissolve a tbls. of plain gelatine in ¼ cup of cold water, then add ¼ cup of hot milk. Blend the two bowls. Turn mixture into a 9x5x3" loaf pan, which has been rinsed in cold water. Chill until it "sets".

Red Layer: 2 cups tomato juice, 1 slice of onion, 1 stalk celery, sliced; 6 cloves, 6 peppercorns, 1 bay-leaf, 1 tsp. salt, 1 tbls. lemon juice. Let simmer on medium, or low, heat for 10 minutes. Strain (salt and lemon juice may be reserved and used after straining). In another vessel soak a tbls. of gelatine in ¼ cup of cold water 5 minutes. Now add this to the hot tomato juice mixture. Stir to blend. Cool. Pour cooled mixture on now moulded cottage cheese layer. Chill until aspic layer is firm. Unmold. Cut into squares. Garnish with water-cress. Makes 8 servings.

Johnnie Horn (Mrs. P. W.)

TOMATO SOUP SALAD

½ can Consomme heated Add 1 envelope of plain gelatine, which has been soaked in ½ cup of cold water. Blend well. Then add ½ can tomato soup; 2 pkgs. of cream cheese (room temperature); ½ cup of diced celery and olives; and 2 tsps. of grated onion. Pour into molds and refrigerate until firm. 6-8 servings.

Mary Lou Niven (Mrs. H. D.)

LIZ'S SALAD (Macaroni)

1 box of Seashell, or elbow, macaroni; 2 cups finely diced cabbage; 2 cups diced celery; 2 cups diced green peppers; and 1 can of pimentoes. Season and use Salad Dressing to taste. Toss all ingredients together lightly. Serve very cold. Garnish with parsley.

Mrs. Chas. Lea, South Boston, Va.

ROQUEFORT CHEESE DRESSING

Crush 1 bud of garlic with 1 pkg. of roquefort cheese. Add 1 tsp. paprika; ¼ cup of sugar; ½ tsp. of salt Mix together and add ⅓ cup of catsup, ¼ cup of vinegar, ½ cup of salad oil, and the juice of 1 lemon. Combine and chill. This keeps well, and is good.

BLEU CHEESE DRESSING

Made exactly as above recipe except use Bleu Cheese instead of Roquefort.

SOUR CREAM DRESSING

1 tbls. vinegar; ½ tbls. sugar; ½ tsp. salt; ⅓ tsp. dry mustard; ¼ tsp. vanilla. To this combination slowly add ½ cup partly whipped sour cream.

BOILED SALAD DRESSING

2 tbls. butter, 2 eggs—slightly beaten; 2 tsp. sugar; 1 tsp. dry mustard; ⅔ tsp. salt; ⅓ tsp. pepper. Combine and blend. Cook in double boiler until thickening begins. Slowly add 1 cup of vinegar and cook three minutes or until fairly thick. Beat occasionally as it cools. This dressing will keep in refrigerator several weeks.

CANDLE SALAD

Use large leaf of lettuce for "candle-holder" saucer. On this place a large slice of pineapple. In the center of the pineapple stick a half of a well ripened banana. Put a tsp. of salad dressing on the top of the banana to run down like tallow from a candle. Use a small cherry on top for the candle's blaze.

RAGGEDY ANN SALAD

We saw this used at a party several years ago and have used it many times since then. It can be varied by the use of different salads. I have used chicken salad, Tuna Salad, and various sea food salads. The head of Raggedy Ann is made of ½ of a hard-boiled egg, turned upside down with eyes made from two cloves, and a mouth shaped from a thin slice of pimento. The "hair" is made of grated carrots, or grated cheese (the cheese is easier). The body is ½ of a medium-sized tomato, inverted. Then you put a really **big** serving of your salad below this and cover it with a large leaf of lettuce for the skirt. The arms are made from asparagus spears, the rough ends of this are the "fingers". And the legs are made from small sweet pickles. This completely fills a large plate, and makes a good luncheon together with potato chips, tiny hot rolls, ice tea, and a dessert.

HOT POTATO SALAD

Back in 1917 when I attended Shenandoah Conservatory at Dayton, Virginia, the students used to go out to the country to Mrs. Caricofe's country home where she would serve a typical Dutch Dinner for twenty-five cents each. The main things I remember about this besides the variety of foods—all delicious—was that she used the traditional "seven-sweets-and-seven-sours" supposed to be on all good German guest tables. And her HOT POTATO SALAD!

Boil white potatoes in salty water until well cooked. Mash them with chopped hard-boiled eggs, diced sweet pickles, and salad dressing. Serve hot. Onion may be used if grated very fine. Also paprika. But nothing else. The proportions of this vary according to the number of people to be served. An approximate basic recipe would probably be: 4 medium sized potatoes, 2 hard-boiled eggs, ½ cup diced pickle, 1 small grated onion, ½ cup salad dressing

FRENCH DRESSING

½ cup vinegar; ½ cup Wesson Oil; ¼ cup sugar; ½ tsp salt; 1 tsp. garlic salt; ⅓ cup tomato catsup; dash of pepper. Blend.

Jewell Caldwell

SHRIMP "DIP"

I can frozen shrimp soup; 2 tbls. lemon juice, dash of paprika; 1 tsp. Worchestershire, ⅛ tsp. "Accent" seasoning. Use for potato chips or for crackers.

Mrs. T. B. Snodgrass

CUCUMBERS WITH SOUR CREAM DRESSING

Peel and slice thin 3 medium-sized cucumbers and either a medium-sized onion OR several Spring onions. Salt well. Place in air-tight jar in refrigerator overnight. Wash well. Drain, and squeeze dry on paper towel. Have ready the dressing of ½ pint of sour cream and 3 tbls. vinegar. Toss lightly. Serve on lettuce leaf with Paprika garnish.

Flora Hubay (Mrs. Z. C.)

CHICKEN (OR CRAB MEAT) MOUSSE

"(This recipe is delectable. I have used it at many Bridge luncheons and have shared it with scores of people. In fact everyone who tastes it wants the recipe. D.C."

2 packages of gelatine dissolved in ¼ cup of cold water. Add 1 package of Cream Cheese (room temperature), 1 can of mushroom soup, 1 cup of mayonnaise, 1 small grated onion; 1 tsp. Worchestershire, and ½ tsp. salt. Put in double boiler and heat enough to blend. Take up and add 1 cup diced celery, 3 tbls. lemon juice and 1 tightly packed cup of diced chicken (2 cans may be substituted.) Mold. 8 servings.

Dell Clontz (Mrs. A. Earl Clontz)

"OLE MISS" COLE SLAW

4 cups finely chopped white cabbage; 1 each red pepper, green pepper, onion, and medium-sized cucumber. Use boiled dressing on this.

SUPER COLE SLAW

Combine 1 tsp. salt; ¼ tsp. pepper; ½ tsp. dry mustard; 1 tsp. of celery salt; 1 tsp. of chopped pimento; ½ tsp. of grated onion; 3 tbls. salad oil; ⅓ cup vinegar; 3 cups chopped cabbage; ¼ cup chopped green pepper.

Betty Phillips (Mrs. W. F.)

RASPBERRY SUPREME

Dissolve 4 boxes of Raspberry Jello in 4 cups of very warm water. Stir well to smoothness. Cool slightly. Add 3 well-ripened, mashed bananas, and 1 box of sliced raspberries (or strawberries). Into this stir a large package of very soft Philadelphia Cream Cheese, and add 1 small can of crushed Pineapple. Lastly fold in 1 pint of sour cream, beaten slightly. Sete in refrigerator to congeal. Serve on lettuce, garnished with frosted white grapes. This is a beautiful and delicious salad, and will serve 30 people.

Lossie Hughes (Mrs. Gary)

Vegetables

CORN FRITTERS

1 cup of self-rising flour, ¼ cup milk, 1 tsp butter, 1 egg. Blend. Then add 1 cup of whole grain corn that has been cooked (a left-over). Or crushed corn can be used if not too runny. Drop by teaspoonfuls on smoking griddle. Drain on paper toweling. Serve hot.

CORN PUDDING

Beat two eggs into two cups of milk. Stir in 2 tbls. of sugar and ½ tsp. of salt. Add 2 cups of canned (or very tender-grain fresh) corn and 2 rounded tablespoonfuls of butter. Minced pimento, or grated green pepper may be added for color. Bake until well set.

CORN SOUFFLE

Make a sauce of 2 tbls. of flour; 2 tbls. of butter; 1 tsp. salt; 1 tsp. of sugar, and 1 cup of milk. Stir into this—slowly—the yolks of 3 eggs and 1 cup of cooked corn. Lastly fold in the whites (stiffly beaten). Bake at 325 about 30 minutes.

ROASTED EARS OF CORN

Shuck ears of tender young corn; sprinkle with salt lightly. Rub butter over the corn. Fold well in Reynolds or Alcoa wrap. Put on slow broiler over low coals. Turn occasionally. This is delicious.

WHIPPED POTATOES

Peel and boil 6 medium sized old Irish Potatoes. Rice them. Whip in 1 stick of butter or oleo. Beat smooth Add ½ cup finely chopped parsley; 1 medium sized, minced onion, and a pint of sour cream. Salt and pepper to taste. Put in Casserole and bake. Dtot the dish with bits of butter and cheese.

Lucille Bevis (Mrs. J. E.)

SPINACH TIMBALES (In Pastry Shells)

Combine 2 cups chopped Spinach, ¼ stick of butter, 2 eggs (beaten slightly), 1 cup of milk, ⅔ tsp. salt, ⅛ tsp pepper, and 1 tbls. grated onion. Fill buttered timbale molds. Bake slowly until done. Butter and toast 8 round slices of bread. On each one place a slice of fried tomato. Then the Spinach on this; next the mold of Spinach. Dot this with a big spoonful of Hollandaise sauce, let it run down the sides; place a slice of hard-boiled egg on this, then a stuffed olive in center of egg. Sprinkle with paprika and serve. This is a lovely luncheon plate.

Oren Brooks (Mrs. Lester Brooks, Sr.)

DEEP SOUTH WILTED GREENS

Melt 2 tbls. bacon drippings in heavy skillet. Add 2 tbls. minced onion. Cook until smooth and yellow. Stir in ¼ cup vinegar Add 1 qt. of lettuce, washed and cut. Cover, and heat a few minutes until greens are wilted. Season with salt and pepper to taste. Serve hot. Four servings.

Mrs. Grady Ross

SUCCOTASH

This dish is from the Indians, who called it M'sickquatash. Properly made it has only two ingredients: corn and Lima beans. 2 cups of each seasoned to taste, boiled slowly in just enough water to cook tender. Butter makes a good seasoning for this.

OKRA AND TOMATOES

Use equal parts—1½ cup each—of okra and tomatoes and put them in a pan without water, adding a heaping tablespoonful of butter, a minced onion, and a cup of finely diced celery. Stew over a slow fire 1 hour. Season to taste with salt and pepper.

Mrs. Harrell Ritch

EGGPLANT SOUFFLE (Yellow squash or cymbling may be used)

Peel, cube, and cook 3 lbs. of eggplant in salted water until tender (only a few minutes). Drain in colander. Mash. Add 4 well beaten eggs, 1 finely grated onion, ½ stick soft butter, 2 slices bread. Bake in casserole 20-30 min. at 350 degrees. Dot top with buttered bread crumbs. If this recipe is used for Cymbling Souffle, use twice as much onion.

Anne Williams (Mrs. Phillip)

EGGPLANT

1 egg-plant, unpeeled, cubed. Add 1 cup chopped nuts, 1 cup of cubed cheese and a beaten egg. Bake 40 minutes at 350 degrees. A little water may be added if necessary.

Johnnie Horn (Mrs. P. W.)

POTATO SURPRISE

Bake Idaho potatoes in tin-foil slowly until thoroughly cooked. Remove tip from end. Scoop out center with ice-tea spoon. Fill opening with undiluted evaporated milk. Replace plug from end. Reseal in tin-foil and bake until pinch-tender.

Marge Woodworth (Mrs. F. B.)

BETTY'S SPAGHETTI

Saute in margarine 2 green peppers and 2 diced onions. Add 4 medium cans of tomatoes, 3 lbs. of ground beef (lean); a bottle of Chili Sauce; 2 boxes of spaghetti (cooked); a can of crushed corn; a can of mushrooms; a cup of grated cheese. Season with red and black peppers and salt. Cook about 20 minutes.

Betty Phillips (Mrs. Frank)

MILLY'S SPAGHETTI SAUCE

2 cloves garlic; ⅓ cup of olive or salad oil; one #2½ can of Italian peeled tomatoes (Hunt's); 2 basil leaves; 1½ tsp. salt; ¼ tsp. pepper; ¼ tsp. oregano (dried); 1 can tomato paste (Hunt's). Saute garlic in oil over light flame until golden brown. Add tomatoes, basil leaves, salt and pepper. Simmer for 30 minutes. Add oregano, tomato paste, and hamburger meat (having cooked separately) and cook slowly until the sauce thickens. I cook it slowly for a couple of hours after the first 30 minutes, having removed the garlic cloves after the first hour's cooking. If the sauce should be too thick, add water.

Millie Logan (Mrs. R. Slater Logan, President, Jas. Lane Chapt. UDC)

COLLARDS

These are best after the first good frost has touched and tenderized them. Into a large pot put a piece of home-cured boiling meat, which has been slashed to get the sweetness out thoroughly. Then put the coarse leaves of the chopped collards in next and let the tender heart of the collard rest on top of them. Boil and steam (with lid on pot) until the tough leaves are tender. Cut very fine. Drain. Serve the meat on the side of the dish. Collards should be cooked in a minimum of water. The size of meat used depends on the size of the collard used. One-fourth pound would be about right for ordinary size head of collards. The meat generally sales the vegetable enough. However salt and pepper should be used to suit the taste.

BLACK-EYED PEAS AND HOG JOWL

"Eat black-eyed peas and hog jowl every New Year's Day;
Then Good-luck and Prosperity will follow on your way"

This is a traditional Dixie superstition. Grocery stores have a good stock on hand, then generally run out of supplies by mid-afternoon the day before New Year's. Hog jowl, or bacon-squares, is cut into about a ½ lb. piece. This is slit up to the rind and put into a pot with about 3 qts. of hot water. Into this is dropped a cupful of black-eyed peas that have been carefully picked and washed. Cook at high boiling speed until peas are tender throughout. Serve meat with peas.

GREEN BEANS

Be sure these are **very** young and tender Cut them on the slaant, or lengthwise. Cook on a ham-hock from a country ham. These can be bought reasonably from your Meat Counter. The time of cooking depends on the freshness and tenderness of the beans. They must be cooked done. Of the pole beans, the McCaslin bean is the best flavored. Generally the ham-bone seasons sufficiently. However they may be seasoned to taste.

TURNIP SALAD

This is best in the early Spring-time when it first comes out on the stalks of Fall turnips that have been dormant. (It is associated with fresh-fish in my mind, for it is then the fish start biting best.) Cook the salad in the smallest amount of water possible. Use thin strips of bacon (about ½" thick) in bottom of pan. Steam it to tenderness. Cut up fine. Drain. Do not serve the meat with it. I generally put a spoonful of sugar in the pot to remove the bitter taste.

STUFFED PEPPERS

When we've had a baked ham and want to use up the scrappy pieces we grind them and mix them with cooked rice. Season with salt, pepper, a bit of butter, and blend together with a slightly beaten egg. Then we stuff the peppers and bake. (A cupful of chopped tomatoes and a minced onion may be added if desired).

POKE "SALLET"

Gather tender, young sprouts early in the Spring. Boil thru three waters, pouring off and putting into clear water each time, until the bitterness has boiled away. They are then very much like Spinach, and are cooked much the same way. Boil them in a small amount of water until tender. Drain again. Add seasonings—generally bacon drippings, salt, pepper, and minced onion. Press the juice out before putting on platter. Garnish with hard-boiled egg wedges.

HOMINY

We used to make lye hominy from shelled corn. But that is a tedious business, and the big hominy is very inexpensive at groceries. It makes a nice supper dish. Drain the water from it and pour a thin white sauce made of 1 tbls. oil or butter, 1 tbls. flour and milk to make of desired consistency.

GRITS

The basic recipes on every package of grits can be followed. However we vary this at times by adding an egg and beating it in; or adding ½ cup of cheese melted to a blend. Or we take up the grits and add milk, eggs, and seasonings and bake in a flat pan for a supper dish. Or we use cold left-over grits, dipped in slightly beaten egg and flour and fried for breakfast.

CANDIED YAMS

Boil medium small potatoes until done but not soft and mushy. Peel. Split. Put in square casserole. Have a syrup ready made from ½ cup brown sugar, ¼ cup water, ½ cup oleo, 2 tbls. Karo. Pour this over the potatoes slowly, touching every space. Sprinkle lightly with nutmeg and cinnamon. and drop a few raisins about in the sauce. Bake 10 minutes. Take out. Turn potatoes in the syrup and return to oven another 10 minutes.

GUMBO

This was brought over by the slaves from Africa ("Kingombo"). It is principally composed of Okra, with the addition of blending vegetables, and is a popular dish in the Deep South.

A good basic recipe is: Chop and saute 6 green onions, a quart of tender okra, add a cup of chopped tomatoes, a diced green pepper, 2 cups of stock made from bouillon cubes, and a pound of de-veined, cooked, chopped shrimp. OR 2 cups of chopped chicken. This may be made thinner by the use of 6 cups of stock and used as a thick soup. or it can be used thick as a vegetable and served with rice.

YAMS IN ORANGE CUPS

(Properly speaking the "Yam" is a similar vegetable found on the Gold Coast of Africa and called "Igname". It is coarser than our sweet potato. However the slaves recognized it as an old friend. And their mumbled "Ngname" became our "Yam", which Webster now considers a correct designataion of "a sweet potato").

Cook the number of yams desired in hot water at medium temperature until soft enough to mash (not mushy, though). Peel them and run them through a colander. Sweeten with sugar to taste. Use plenty of butter and milk to make a thick mass that will not "run" but is soft and firm. Have your orange cups halved and ready. Fill each to a rounded fullness with the yams. Bake slowly. Sprinkle with nutmeg when nearly done. You may use the centers of the oranges for a fruit salad to serve along with your dinner. These cups are nice on luncheon plates along with a slice of Smithfield Ham, with raisin sauce; and a red crabapple and green sweet pickle (green tomato is decorative and good.)

YAM CASSEROLE

Mash well cooked yams. Run through colander. Season to taste with sugar, butter, cinnamon, nutmeg, and a dash of salt. Add enough milk (evaporated is good) for a firm mass. Fill casserole. Cover top with marshmallows, pressed in. Bake slowly in 300 degree oven, until it is heated through and the marshmallows are lightly browned.

Preserved Foods

ARTICHOKE PICKLE

Bring 2 quarts of vinegar and 2 cups of sugar to a boil. Drop 1 gallon of thoroughly scraped and cleaned artichokes into this. (If they're too large, cut into smaller pieces). Add 1 tbls. salt to mixture. As soon as artichokes are completely hot throughout, put them in jars and seal them.

Marie Cline (Mrs. Herman)

BREAD AND BUTTER PICKLES

Slice a gallon of rather large cucumbers and 6 large onions into thin rounds. Put into an enamel pan and cover with lime water made of the proportion of 2 cups of lime to 1 gallon of water. Let stand 24 hours. Soak and wash out the lime. Boil 2 qts. vinegar with 7 cups of sugar (3½ cups). Put ½ box of pickle spices from which red hot pepper has been removed into a small porous bag and boil it with the vinegar mixture. Pour this over the pickles. Let stand 24 hours. Boil all together at medium heat for 20 minutes. Seal.

GREEN TOMATO PICKLE

Soak 7 lbs. of sliced, green tomatoes in lime water (3 cups lime to 1½ gal. water) for 24 hrs. Wash and change water four times hourly. Make syrup of: 5 lbs. sugar, 2 pts. vinegar, ⅓ box pickling spice. Pour over tomatoes. Let stand overnight. Boil 1 hr. and seal.

VIRGINIA 14 DAY PICKLES

1st day: Dissolve 3 cups salt in hot water. Pour over 2 gallons of cukes. **2nd day:** Dissolve ⅔ small box of Alum in water. Pour it over the cukes. Cover with boiling water. Stand 24 hrs. **3rd day:** Pour off Alum. Cover with boiling water. Stand 24 hours. **4th day:** Boil 1 gal. vinegar & box pickle spice 20 min. Poud over cukes. Let stand 9 days. Then slice cukes. Place in jars: layer cukes and layer of sugar until you've used 6½ lbs. sugar. Cover, but not air-tight. Store in cool place

Mrs. Richard Guthrie, Brookneal, Va.

MOTHER'S GREEN TOMATO PICKLE

Slice 10 lbs. green tomatoes, 5 lbs. onions, and 5 lbs. Bell peppers together, salt well and let stand in enamel pan overnight. Next A.M. drain and wash. Put into large pan and cover with: ½ gal vinegar, 1 lb. brown sugar, 1 lb. white sugar; ½ box whole all-spice (tied in bag). Cook 30-40 min. until juice is syrupy. Seal.

Mrs. Elmer Hilker

SEVEN MINUTE STRAWBERRY PRESERVES

3 pints firm strawberries within ⅓ cup sugar and 3 tbls. lemon juice over them. Let stand overnight. Next morning add 2½ cups sugar. Heat and boil seven minutes. Seal.

Esther Smith (Mrs. Hill Smith)

OLD SOUTH WATERMELON RIND PICKLE

Slice rind into thin strips. Peel green away. Pare red part off. Cut into squares or shapes. Soak in limewater (proportion—1 gal. water-1 tbls. lime). LLet stand overnight. Next morning wash well and boil 2 hrs. in clear water to which has been added 1 pkg. root ginger. Drain. Make syrup of 1 qt. vinegar, 1 cup water, 5 lbs. sugar. spice-bag cloves and cinnamon (whole) may be placed if desired. Boil 1 hr. or until tender. Vegetable coloring may be added as desired. It is pretty to divide into two pots and color one red and one green for Christmas gifts in tiny jars with a spray of holly or a pine cone on top.

Mrs. Grady Ross

SWEET DILLS

This is a delicious pickle easily made. Use a jar of "Sto' bought" Dills. Drain. Slice into paper thin rounds. Rinse jar. Put pickles back into jar To a pint jar pour 1 cup of white sugar. Let stand until sugar is dissolved. Put in refrigerator and serve very cold.

Mrs. George Ross of Jackson Springs, N. C.

CHOW CHOW

Cook together until tender 1 gallon shredded cabbage; ½ gal. green tomatoes; 1 qt. onions (chop or shred tomatoes and onions); 1 qt. vinegar to 3 cups sugar; 4 tbls. each celery seed and white mustard seed; 2 cups each of red and green sweet peppers may be added if desired. Seal as soon as well done.

SOUTHERN RELISH

Grind together through the coarse part of food chopper the following: 3 cups each sweet and green peppers, and onions; and 2 medium sized heads of cabbage. Let stand in salty water about an hour. Drain. Boil in a syrup of vinegar (1½ qts.) to sugar—1½ cups. Celery and mustard seed are nice added to this. Boil slowly about 25 minutes. Seal.

PEAR MINCE MEAT

Grind a peck of pears and 2 lbs. of raisins. Add 8 cups sugar, a pint of vinegar (scant) and about 2 tbls. salt. Use 1 tsp. each cinnamon, nutmeg, ginger, and allspice. Cook until tender. Seal. When ready to make pies add butter and chopped nuts and scuppernong wine (½ glass).

COUNTRY CUCUMBERS

1 cup water; 1 cup vinegar; 1 tbls. salt; 1 cup sugar. Slice cucumbers, let come to a boil. Place them in long strips of lengthwise quarters standing on end around the jar. They are ready for eating at once. Seal.

PEPPER PICKLE

10 red and 10 green pimento peppers and 5 large onions, chopped fine. Pour boiling water over them a time or two and drain well. Then make a syrup of a pint and a half of vinegar and a cup and a half of sugar, 2 tsps. salt and 2 tsps. white mustard seed. Boil slowly about 20-30 min. Seal.

Miscellaneous

LOW-FAT GREEN BEANS

1 lb. of green beans covered with water and salted to taste.
1 tsp. of sugar; 1 tbls. cooking oil or a bouillon cube.
1 tsp. of marjoram or rosemary. Cook until tender.

Mrs Elmer Hilker's original recipe

LOW-FAT STUFFED TOMATOES

Core 4 whole tomatoes. Scoop out part of the pulp and season with salt and a dash of sugar. Fill with cooked corn that has been seasoned. Place in baking dish and top each with tsp. of mayonnaise. Add enough water to keep from sticking until juice starts flowing. Bake about 30 minutes at 350. Garnish with parsley.

Mrs. Elmer Hilker

LOW-FAT GRAVY FOR ROAST

When roast is nearly cooked, pour off drippings. Refrigerate until fat congeals at top. Lift off fat. To 1 cup of remaining broth add ½ cup of water, salt, pepper, and a dash of thyme. Thicken with flour mixed with water.

Mrs. Elmer Hilker

VEGETABLE SANDWICH

Grind together 1 large cucumber, a green pepper, medium-sized onion, and add 2 tomatoes—chopped very fine. Dissolve 2 tbls. gelatine in ¼ cup cold water (set in hot water). To the gelatine add 1 cup of mayonnaise, ½ tsp. dry mustard, 1 tsp Worchestershire sauce, and a pinch of salt. Mix. Chill.

Nettie Johnson (Mrs. D. F.)

PARTY NIBLETS

½ box any dry cereal in separate cereal form (Cheerios, for instance); ½ box small thin pretzel sticks; 1½ cups of pecan halves; 1 tsp. each of garlic salt and onion salt; 1 tsp. Worchestershire sauce; 1 stick of oleo. Melt in biscuit pan. Stir to mix well. Cook 1 hour at 200.

DRIED BEEF

Cut on fold of large piece (about 12-15 lbs.). Cover with salt. Stand 2-3 wks. Cover with meal and salt. Put in pasteboard box a wk. for juice to escape. Take it up. Roll it in cornmeal, and hang in a bag. This is savory and good. It was grandmother's, Mrs. Kate Turner, recipe (1860) and has been used almost continuously in our family since then. (L.G.)

COOKING HUSBANDS

Mrs. Henry Swanzey sends this recipe: "A good many husbands are spoiled by mismanagement. Some are kept in hot water too long. Others are allowed to freeze, by carelessness. Some are kept in a stew: others are roasted by irritating ways and words. Some are kept in a pickle (they will never be tender and good if treated this way. But they are really delightful when properly treated.) So the best way to treat them is to make a steady fire of Love; add sugar-kisses and a little Spice (with judgment) and stir him gently. If thus treated he, will be reliable and will keep as long as you like—unless you become careless and set him in a cold place."

IN CLOSING

The Editor has studied nearly a hundred Cook-books in preparing this little booklet. We have been careful to use only the recipes that have been given us by our members and friends and those that we have used for many years from a file that dates back to the Sixties. It has been interesting to note the basic difference in Southern Cooking from the recipes that are from other parts of the United States. Ours are richer, creamier, and tend to call for more spices, and for wine flavorings and buttery-smooth sauces. There is little or no regard for budget-prices, nor for the amount of time required in the making. But there is recognizance of the fact that "There's as much in the baking, as there is in the making". "Cook to a rich brown" we say, or "baste frequently". There is a calling for fresh vegetables, knowing that it will not "come out good, unless it goes in good". If any of these recipes have been used in print before the Editorial Board is unaware of it. Recipes belong to the Cooks for we often add a bit of "this and that" to make recipes original so that we may inadvertently appear to infringe. For instance the recipe for "Trans", which has been used constantly in my family

for around seventy-five years recently appeared in a copy-righted new cook-book under a different title. So, those that seem to be our own, have probably been used by many cooks many times. However these recipes are our best and our oldest. Many of them belong to the South because the products, or fruits, or vegetables, are native. Their unusual names have come from African Slaves, or from French or Spanish settlers. A few, like "Succotash", came from the Indians. We have tried to inculcate into this little volume as nearly as possible, all of the old Southern dishes. It is our wish that you may enjoy reading the book—although we are certain many of the recipes (Chitlins, etc.) will not tempt you.

We're sure you'll like our "Indigestible Pie"
If only you will give it a "try".
Our Grape wine recipe is a winner too;
And really quite a potent brew.
Here is Southern Cooking at its best—
You'll surely agree, if you give it a test!

ADVERTISEMENTS

With many thanks, and deep appreciation to the advertisers in this book, and the sponsors listed below, which made this publication possible. We, the members of James H. Lane Chapter of The United Daughters of the Confederacy, wish to recommend and endorse their products.

Walker Drug Store

Doggett Lumber Company

Mr. & Mrs. Lawrence Mason

Mrs. William F. Dickens

Mrs. Henry L. Stevens Jr.

HARRIS SUPER MKTS.

- CHARLOTTE
- GASTONIA
- SALISBURY
- KINGS MOUNTAIN

Come In COLONIAL . . .

YOU
COME
OUT
BETTER
EVERYTIME

COLONIAL
Stores Incorporated

Atlanta, Georgia

"Always Good Taste!"

To Shop At . . .

WINN-DIXIE

COURTEOUS
SERVICE . . .
plus S&H GREEN STAMPS

SAVE AT WINN DIXIE FOOD STORES

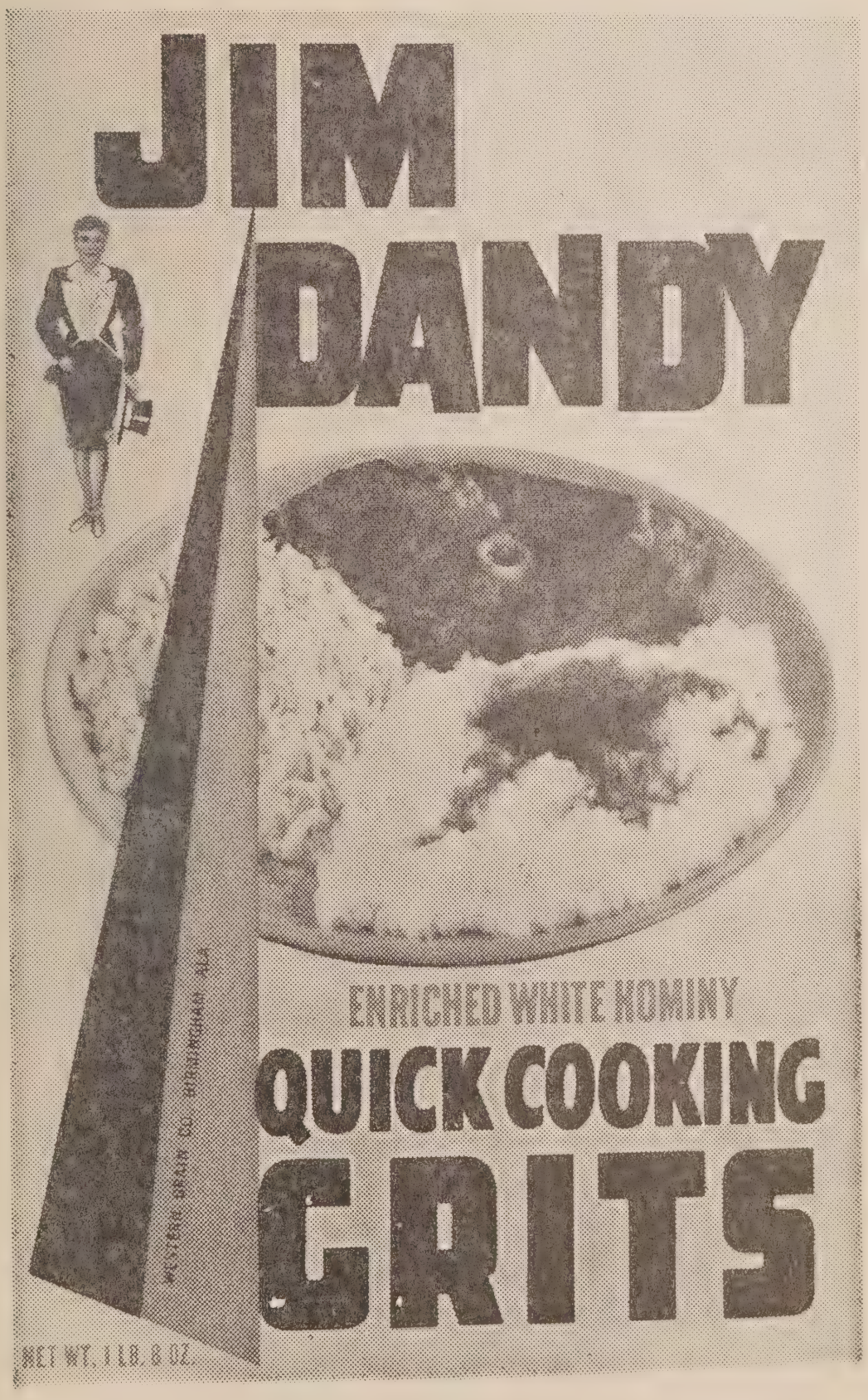
MADE IN NORTH CAROLINA • *LILY SEWING THREAD* • *CROCHET & WEAVING YARNS*

STRONGER, FRESHER, CLEANER . . .
BECAUSE IT'S CELLOPHANE-WRAPPED!

Lily's protective cellophane wrap keeps *all* Lily thread factory-fresh and untouched 'til you're ready to use it. Your thread stays clean, colors can't fade—no loose ends, no frayed or broken threads. Only *Lily* thread is sealed in cellophane. Buy it at your favorite notion counter.

LILY MILLS COMPANY

Shelby, North Carolina


JIM
DANDY
ENRICHED WHITE HOMINY
QUICK COOKING
GRITS
WESTERN GRAIN CO. BIRMINGHAM, ALA.
NET WT. 1 LB. 8 OZ.

Delicious, Old-South

Aunt Jemima Corn Meal Clover Leaf Biscuits

1 package dry or 1 cake compressed yeast
¼ cup lukewarm water
1 cup scalded milk
¼ cup sugar
½ cup butter or margarine
1 teaspoon salt
3½ to 3¾ cups sifted enriched flour
⅔ cup Aunt Jemima Enriched White Corn Meal
1 egg
2 tablespoons butter or margarine, melted

Soften yeast in lukewarm water (Use warm water for dry yeast.) Pour scalded milk over sugar, butter and salt; stir occasionally until butter melts; cool to lukewarm. Stir in 2 cups flour, corn meal, softened yeast and egg. Mix until well blended. Stir in enough more flour to make a soft dough.

Turn out on lightly floured board or canvas; knead until satiny, about 10 minutes. Round dough into ball; place in greased bowl; brush lightly with melted shortening, Cover and let rise in warm place until double in size, about 1 hour.

Punch dough down; cover and let rest 10 minutes. Shape dough into small balls; place 3 balls in each greased cup of muffin pans. Let rise until double in bulk, about 45 minutes. Brush tops with melted butter; bake in hot oven (400 F.) 15 to 20 minutes.

Horne Electric Co.

1241 Cheshire Ave.

Tel. EX 9-1372

RESIDENTIAL WORK
WIRING & REWIRING

Why Not Prepare Any of These Delicious Dishes In a Completely Modernized Kitchen? These are the People to Call for Help and Advice.

McGee Lumber Co.

Everything in Building Materials at Reasonable Prices

2329 Hutchison Ave. — EDison 2-2107

If You Are In Need of Expert Plastering Work Be Sure to Call

JACK H. SMALL
PLASTERING CO.

205 N. Hoskins Ave.

Tel. EX 9-0170

Remodeling Headquarters

In Charlotte, N. C.

Call EDison 3-5914

Z. C. Hubay — Chas.C. Hubay

A. L. WILSON
PLUMBING CO.

50 Years Experience in Plumbing Work

Extra Care Given to Remodeling of Kitchens

DIAL ED 3-5914 ED 2-7333

T & T Cabinet Shop

Specialists in Kitchen Cabinets

Dial KE 7-0768

4 Miles East on Ind. Blvd.

For Those Who Want the Best in Painting Decorating Paper Hanging

H. S. HASKIN

JAckson 3-6780

CAROLINA
Sheet Metal & Heating Co.

EX 9-8931

Heating - Air Conditioning
Sheet Metal Work

Kerley & Edwards

For Beautiful Floors and Cabinet Tops CALL

ED 3-4552
3631 Statesville Road

CONTINENTAL
TILE & MARBLE CO.

Ceramic Tile
Marble Tile
Flagstone

EX 9-5425

UNIVERSITY OF N.C. AT CHAPEL HILL
00049314179

FOR USE ONLY IN

THE NORTH CAROLINA COLLECTION

XEROX/67683